WHITEHEAD'S

FAMILY COOK BOOK.

SPECIAL

PIEDMONT FAIR EDITION

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139395

bread
butter
water glass
wine
Salad
plate
Salad "
dinner fork
Coffee spoon
dessert spoon
dessert knife
napkin
one inch from edge of table

FOURTH THOUSAND.

WHITEHEAD'S

FAMILY COOK BOOK

AND

BOOK OF BREADS AND CAKES.

Originally Published in the Sunday Herald under the title of the
HERALD COOKING SCHOOL.

SPECIAL FAIR EDITION.

REVISED AND IMPROVED.

BY

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AMERICAN PASTRY COOK, HOTEL MEAT COOKING, COOKING FOR PROFIT, AND
THE STEWARD'S HANDBOOK.

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PREFACE

ALL THE BOOKS of this description that have been worthy of consideration seem to have had a leading motive for their composition, either to introduce foreign modes, to teach new schools of cookery or new extremes of ornamentation, to teach manners, or to put in practice the theories of great chemists and new idea doctors—Leibig, Graham, the vegetarians, and others. If a motive can be found for the work in hand, it is to make good cooks; such as are always in demand at good wages. It was commenced in a persistent endeavor of the writer, to break in untrained assistants to do cooking as it should be done, and the utmost plainness of language and exactness of quantities that were necessary in such cases have been preserved as the main requisites to the usefulness of the book. Already, before the appearance of the *Cooking School* in book form, a sort of wondering surprise had been expressed that fine cooking could be such a plain and easy matter, as if there was an expectation that the mysterious part would begin after awhile; but doubtless the day is past for the most necessary art of cookery to be hidden and made unintelligible by the use of unknown words and phrases. At least, when the writer wanted assistants to do something in a certain way, he used the kind of language to make them understand. Perhaps that is why this is called a cooking school.

In regard to the reliability of the recipes, it would be expressing but little to say they have all been tried, for they have been matters of daily practice for years, and most of them have been changed and im-

proved until it is believed the highest pitch of excellence has been reached and may always be by those who carefully follow the directions. There is much more in the book than at first may appear, for nothing is repeated and almost every dish—every meat dish and soup at any rate is a model for a number of other articles to be prepared in the same way, for example: there is one real fricassee thickened with eggs, that of frogs; one stew with wine, that of terrapin; one bird pie with brown gravy, one with common stew gravy; one example of a blanquette or white dish, the supreme of fowl, and so it will be found all through. There has been a special avoidance of the terrible "or" of most cook books, which invariably leads off to different persons' ways of doing the same thing and to the inquirer who does know something when she has read the first recipe, ending by knowing nothing after perusing them all. Where there are more ways than one, one of them must be the best, and the author of a cook book should be able to say which it is.

As to the menus, the writer has never during an extended experience found it practicable or desirable to follow a pattern bill-of-fare in every particular, there are too many reasons for changing the intentions; either there is something in the house that must be used, or the dealer who supplies the house has not the particular article on hand or something else is in the way, so that, at best, a pattern menu can only serve as a suggestion of dishes to choose from. As nothing is repeated in the lists of available dishes here presented, the number of changes and substitutions that can be made will be found very considerable.

TALK ABOUT COOKING.

For the Special Piedmont Fair Edition.

OF

WHITEHEAD'S FAMILY COOK BOOK.

SALT SPRINGS SPECIALTIES.

Considering how dearly most people's pleasures are bought, how slight the satisfaction derived from a large outlay in many cases, we who pass our lives in large hotels think that the pleasure, the pride and satisfaction which a lady must experience who excels in some specialty in cooking should be worth a very large sum indeed, if we must compute values in that way, and we do not know how else to express it. For it is a real pleasure, and a lasting one, to excel in something that every neighbor, even if envious, has to acknowledge is most excellent and desirable. And it does not take much knowledge, time or labor to reach distinction in this line. We who make a business of cooking must have plenty of resources of skill to overcome the difficulties of uncertain markets and the most trying weather and the large number to be served, yet such an elegant hotel, even, as that at Salt Springs is made memorable, if at all, by a few specialties only, and not by the multiplicity of dishes cooked and served.

THE HUNDREDS OF SUMMER GUESTS

who visited that hotel during its first season, were profuse in their compliments and were delighted with what? Not anything costly, or marvelous, or difficult of attainment, but with such a familiar and apparently common thing as the rolls and bread; but such rolls and bread as they find nowhere else, and therein lies the specialty. There may be an evenness of quality of roast meat wherever one goes, and a sameness about the broiled chicken, but fine rolls are a product of skill and care which are so scarce among cooks at present that even the costliest hotels cannot always secure them. The Sweetwater Park hotel guests, we have abundant grounds for saying, have gone to their homes in all parts of the country remembering in a special manner

THAT HOTEL'S SUPERLATIVELY FINE FRENCH ROLLS

and bread. There are other things, too, but these first and above the rest. Why should they be such a rarity? Why does not every domestic cook make just as good as these were? Why does not every housekeeper make rolls, the cheapest luxury of all, so good that no hotel baker can excel them? Perhaps in reality they are too easily satisfied with common qualities, and have never tried how good the daily bread can be made. If so, there are discoveries to be made and pleasures of accomplishment in store for them. One thing is gratifying to know.

THE SOUTH IS THE LAND OF HOME-MADE BREADS,

there is less dependence on the bakers and bakers' bread here than in the North. Most families make more or less of the bread they consume and eat it fresh and hot. Hot rolls, muffins, egg bread, beaten biscuits and common biscuits are liked, good work in this line is appreciated, consequently it is a pleasure to excel, even though we must make and bake over a thousand hot rolls at each meal.

HOW THE BEST FRENCH ROLLS ARE MADE

Such full and minute directions are contained in the two parts of this book, it seems useless to say more in this place. The second part, which is a portion of the American Pastry Cook, is included within these covers expressly because of the interest that is expressed by our hotel patrons in the subject of good bread. That book was issued several years since and has passed through four editions, proving its worth, yet the writer finds little to change in the directions as they stand. It is, however, quite unnecessary to use eggs in rolls unless we want to produce fancy sorts. It is not necessary to use milk, but still the rolls will be better if it can be had. There must be some shortening—a mixture of lard and

butter is the best—and there must be a little sugar, it makes the crust thin and soft and makes the rolls brown handsomely in the oven, and the rolls must be brushed over with lard or butter when they are set to rise in the pans. Compressed yeast is now in general use, it is good and most convenient, and will raise the dough in the shortest time. But the rolls and bread at the Park hotel were made with the potato yeast, or "ferment" described in the book, not because it was better than compressed, but because it cost much less and was quite as good. Compressed yeast, a pound at a time, was used every two weeks to make a new start, the same as "stock," and that prevented sourness.

To make rolls that will be talked about, it is necessary to time them so that they will be baked just before they are wanted and be sent to table hot.

THE QUESTION OF EXPENSE.

Good rolls are the cheapest of luxuries, because if flour costs four cents per pound (which it rarely does) a pound of it takes up half a pound of water and makes a pound and a half of dough, which makes fifteen ordinary rolls for four cents, something having to be added for the cost of the enriching ingredients. The practice of making the bread at home is shown to be an economical one from the fact that the bakers expect and do make a profit of twelve or thirteen dollars out of every barrel of flour they make up; the housekeeper who makes up a barrel of flour at home may therefore be fairly credited with having saved that amount.

CORN BREAD.

It is getting to be difficult to procure good corn meal. The people north do not understand it and the bolted meal they sell is too fine and floury. It used to be considered in the South that the coarser the meal was ground the better it was and that it required long cooking to make it good food.

The best meal now comes from the small country mills and has the bran in it to show it is genuine. When in the following pages the directions are to use six ounces of meal to a quart of water for mush, it means of coarse southern meal that absorbs water, and not the soft, floury meal that is not like corn meal at all and needs to be doubled in quantity. For egg bread (recipe No. 344) use two cups of meal instead of one, and one or two more eggs.

At Salt Springs there were two opposing parties, some of them wanted sugar in the egg bread and some didn't, but we pleased them all by sometimes forgetting to put in sugar and sometimes remembering, but, after all, the best egg bread is made with thick sour milk and half a dozen eggs, provided the allowance of soda is guessed just right, and it takes a rounded teaspoon of soda to a quart of sour milk.

GREEN APPLE PIES.

There is one more accidental omission in this book, it is in apple pie, No. 496, where no sugar is mentioned. These pies were a Salt Springs specialty, also because they were "the real old fashioned" sort, but they need sugar in the sliced apples, although where economy is the leading consideration and they apples are ripe they will certainly do well without any.

Some people say:

"OH! WHAT'S THE USE OF A COOK BOOK?"

"I can stir up bread when I want to, and I shouldn't have time to look at a book to tell me how, anyway."

Well, the use of the cook book is just this: If it is a good one, like the one you have in hand, the author has taken the time once for everybody and tried all the different ways and various proportions, and found out by actual trial which was the best. A person may go on doing a very poor way for years, when one trial of the way in the book would show some little secret that changes a common thing into first class, with only consulting the book once. In cake making, however, it is necessary to have the book with weights and measures to refer to, always ready, else there will be some very bad failures at times. Here is something which appeared in a newspaper the other day that illustrates this point.

"You gave a tramp something to eat yesterday, didn't you?"

"Young wife—"Yes, poor fellow!"

"Gave him some of your sponge cake, didn't you?"

"Why yes, so I did. Why?"

"Nothing. The paper says the body of a man who had evidently died in great agony was found in the willows this morning."

Then that sorrowful young wife wished she had carefully examined the cook book to see what it said about making sponge cake. A lady of Augusta (Ga.) made sponge cake last May, made it according to the directions in this book, as she supposed, and was so confident of success that she went on and made lady-fingers out of the same mixture, yet when baked they were both failures. She did not give the cakes to a tramp, they were not as bad as that, but they fell short of the great excellence she had confidently expected. She had but neglected one of the little secrets of sponge cake making, which is to add

the whipped white of eggs the last thing, after the flour has been stirred in, not before the flour, as this lady did. She succeeded finely the next time.

CAKE FESTIVALS IN TEXAS.

J. F. F., Longview, Texas, writing for a good recipe to make baking powder, adds: "I have been making cakes all winter for festivals here, everybody want to know how to make angels food and your eight-egg sponge cake, and I tell them to send two dollars to you and they will get a book which will tell them everything about that."

The book referred to by this correspondent is the American Pastry Cook, the bread making portion of which is included within these covers. The recipes for the cakes named can be found in this book likewise, but to make the reader sure that the right ones are in possession they are copied entire from the "Pastry Cook" for these new pages. They are valuable recipes that no housekeeper can afford to be unacquainted with.

ANGEL FOOD OR ANGEL CAKE.

11 whites of eggs.

10 ounces of fine granulated sugar—or all that can be heaped in a cup.

5 ounces of flour—or a cup moderately heaped.

2 rounded teaspoonfuls of cream of tartar.

2 teaspoonfuls of vanilla or lemon extract.

Get two pans together, put the cream of tartar into the flour and mix them by sifting out of one pan into the other six or seven times.

Whip the whites firm enough to bear up an egg, put in the sugar, beat a few seconds, add the flavoring, then stir in the flour lightly, without beating. When the flour is mixed fairly out of sight, it is finished. As soon as mixed put the cake in the oven. It needs careful baking in a slack oven and should stay in from 20 to 30 minutes. A deep round mould with an unusually large tube is the best to bake angel cake in, but any other or even a tin pan will do. The mould should not be greased but when the cake is done turn it upside down, the tube or something else holding it up to let the air in, then let it get cold in that position. Take the cake out and cover it with the plain glaze or icing of the next recipe.

PLAIN ICING FOR ANGEL FOOD AND ALL SORTS OF CAKES.

1 cupful of powdered sugar.

2 whites of eggs.

2 teaspoonfuls of flavoring extract.

Mix them together in a bowl. As soon as the sugar is fairly wetted it is ready for use and is then semi-transparent, but may be made white and thick by beating. Use it either way. It can be colored pink with cochineal or with fruit juice or made yellow with yolks of eggs.

Spread it over the top and sides of angel food or other cakes.

EIGHT-EGG SPONGE CAKE.

This is a seek-no-further sort of mixture, it is sufficiently good as a sponge cake to make the knowledge of other mixtures unnecessary, although there are half a dozen other kinds of sponge cakes which can be made.

1 pound of fine granulated sugar—or 2 rounded cups.

8 eggs.

6 tablespoonfuls of water—small ½ cup.

¾ pound of flour—or 3 rounded cups.

Separate the eggs, the whites into a bowl, the yolks into the mixing pan. Put the water and sugar in with the yolks and beat them ten minutes, until they are a thick light batter. Have the flour ready. Whip the whites to a very firm froth, then mix the flour with the yolk mixture and stir in the whites last. Bake in moulds either large or small. They should be brushed with melted lard or butter and dusted with flour before the cake batter is put in.

LADY FINGERS AND SPONGE DROPS.

The eight-egg sponge cake mixture makes the best quality of these, directions for forming them can be found in the book, but if found too delicate and too good to be servicable a firmer sort can be made by the recipe following which is the same that most shop bakers use, and is at the same time another sponge cake mixture.

BAKERS' LADY FINGERS.

1 pound of sugar.

10 eggs.

1 pound of flour.

Break the eggs into a bowl or pail without separating the whites, add the sugar to them and beat them together with a bunch of wire not less than half an hour. By that time the mixture should be increased in volume to three times what it was at first and be light as foam. Stir in the flour till all mixed out of sight then make into lady fingers and bake at once. These mixtures all become thin and run if not baked soon.

JELLY ROLL.

Make the eight-egg sponge cake mixture, spread it thin on sheets of manilla paper not greased and bake in a moderately hot oven. When done turn upside down on the table, brush the paper with

water and peel it off the sheet of cake. Spread fruit jelly on the cake and roll it up.

SWISS ROLL.

Take the jelly roll just made, wet the outside with a brush and sweetened water flavored with lemon, then roll while wet in plenty of powdered sugar, and set it where the sugar coating will dry.

VENICE ROLL.

Make the jelly roll as before and ice it over with pink icing, then ornament with white icing.

PARIS ROLL.

Cover a jelly roll with pink icing or with red fruit jelly, then roll it in grated cocoanut mixed with sugar.

MACAROONS.

Almond macaroons are the best, but the desiccated cocoanut is always ready at hand while almonds are generally difficult to obtain, consequently the cocoanut macaroons are made most frequently. They are the quickest and easiest of all cakes to make—that is some sorts of them are, for there are at least three or four. One sort, but not the favorite, is made by taking some cake batter, pound cake, white cake or sponge cake, and stirring crushed almonds into it, or cocoanut, the more nut and the less cake the better, then drop in small pieces on baking pans and bake brown. Another sort called hard macaroons are almost like candy, being nothing more than granulated sugar and cocoanut in about equal quantities wetted with white of egg enough to make like dough and dropped on pans and baked brown.

SOFT MACAROONS.

These are the best and require a trifle of skill to make them; they rise light and hollow and if not carefully proportioned and baked in an oven that is just right they are apt to be disappointing and run out of shape. Take

1 pound of granulated sugar.
5 whites of eggs.
1 tablespoonful, heaped of corn starch.
1 pound of desiccated or grated cocoanut.
A little lemon extract.

Place the sugar, dry starch and whites in a deep bowl and beat them together with a wooden paddle for about fifteen minutes. This is the same as icing for cakes. Mix in the flavoring extract and the cocoanut. That makes it too stiff to be stirred around, it is a sort of dough. Drop pieces size of walnuts on a baking-pan slightly greased and bake in a slack oven or with the oven door partly open until they have risen and become dry and brown. Let them become cold on the pans, then they can be shaken loose and taken off.

LEMON PIE.

There is nothing better in lemon pie mixtures than this.

5 or 6 lemons.
1 quart of water.
1 pound of sugar.
1 large cup of flour—5 ounces.
4 to 6 eggs.

Grate the rind of the lemons into a bowl, then squeeze in the juice. Set the water and sugar on to boil. Mix the flour to a paste with the lemon juice and some water dipped out of the sauce-pan. Separate the eggs and add the yolks to the flour and stir them well together. When the sugar and water boils pour it to the flour, etc., and it becomes partially thickened, then fill into four or five pie crusts and bake. Cover with frosting or "meringue" when done and bake a short time longer. It is an improvement to add an ounce or two of fresh butter to the lemon pie mixture but it is not an essential ingredient.

AMBROSIA.

This is a delicious dessert, and prepared thus: Peel and slice six large sweet oranges, removing the seeds. Also pare and slice one large pineapple. Grate one cocoanut. Then in a glass dish place a layer of orange, then of cocoanut, then of pine-apple, and repeat till the dish is full. Over all pour a cup of sherry wine; but if that is objected to, prepare the ambrosia three hours before it is wanted, and the juice of the oranges and pineapple will be sufficient.

COCOANUT ICE CREAM.

Add fresh grated cocoanut to the cream before freezing, about one cocoanut to two quarts of cream or to four quarts, as you choose, it is not material about the quantity. Full directions for ice creams will be found in the book.

MACAROON ICE CREAM.

When the fresh grated cocoanut is not obtainable it is better to make the desiccated cocoanut into macaroons, as it acquires a richer taste when baked, then crumble the macaroons into the cream and freeze it. Almonds and almond macaroons can of course be used the same way. Almond candy or burnt almonds, or almonds and sugar made light brown by stirring over the fire till the

sugar melts, make the most delicious flavoring for ice cream

SPECIALTIES IN EGGS.

People who spend the summer and winter seasons at the resorts seem to be too easily satisfied with the few common ways of cooking eggs when it would be expected they would be desirous of testing the novelties in that line which it is part of the professed cook's business to know and execute. There is a book which describes one hundred and fifty ways of cooking and serving eggs. Take off half those ways as roundabout, useless and undesirable ways and still there will be seven times as many ways that might be ordered but never are as are now in daily practice.

SCRAMBLED EGGS

are commonly called for, but there are three or four variations of that dish. The "country scramble" and the "French cooks scramble" are different, the country scramble means to stir the eggs together in a frying pan, the whites and yolks showing in bits separate when cooked but the French cook beats the eggs with a spoonful of milk added and stirs them in a pan, only different from an omelet in being tossed about and not browned.

STEAMED SCRAMBLED.

Is the hotel cook's name for what used to be called buttered eggs. It is a way practiced where a large number of people have to be served within a few minutes. Break a dozen or several dozens of eggs into a sauce-pan, put in some butter and salt, set it in another sauce-pan of boiling water and stir about occasionally until the whole mass is soft-cooked. Eggs in large quantities cannot be scrambled without setting in hot water as they will burn very rapidly.

FRIED EGGS.

Are best known and most commonly ordered, yet those who want them very soft cooked and still cannot bear to see the raw surface of "straight-up" eggs are not likely to be suited unless they learn to order their eggs "half turned over," which means doubled over in half moon shape as soon as the under surface is cooked enough to "flip."

BOILED EGGS.

And tastes vary in boiled eggs. The English eat boiled eggs out of the shell, they have them served in egg cups and cut off one end of the egg. As no orders for egg cups are ever received at our summer hotels the English patrons must evidently be suffering. Here is what one of them wrote to his paper recently. "In American hotels breakfast always commences with strawberries and cream, melons or cantelopes, when in season; failing these, oranges, etc. This system is a very pleasing one indeed, and grows upon the traveler to a remarkable extent. Fish, grills, and various meats appear in profusion upon the bill of fare, but call for no remark; but the American system of eating eggs struck me as being hardly up to the mark. Calling for boiled eggs, two were brought to me, together with a large wineglass, into which I was expected to break the eggs, which were then to be smashed up with butter, pepper, and salt. This I declined to do, as the appearance of an egg which has been subjected to such treatment does not strike me as being particularly appetising, but the Americans regard our system of egg-cups with aversion. I suppose it is a mere matter of taste, but still adhere to my former opinion."

OMELETS.

But it is in the matter of omelets that the most opportunities for trying novelties are lost, very seldom does anybody venture beyond the plain omelet, which is a couple of eggs slightly beaten together, cooked like a pan-cake then rolled up and served on a platter. That is the common omelet. But the artistic cook beats the eggs a little more with a trifle of milk or cream added to make the omelet tender, then cooks it with very little lard or clear butter in a frying pan and shakes it together while cooking so that is not a rolled-up cake but is shaped into a rounded eliptical mass browned all over the outside but not inside; and still it is but a plain omelet. Then there are

HAM OMELETS.

Having finely minced cooked ham shaken over the surface of the omelet while cooking and rolled up in it.

CHEESE OMELETS.

With grated cheese strewn plentifully over the omelet while cooking and rolled up in it hot and melted into the omelet.

PARSLEY OMELETS,

Finely chopped parsley mixed with the eggs while beating up before cooking.

TOMATO OMELETS.

With well stewed down and seasoned tomatoes —about a spoonful—placed in the middle of the omelet when nearly done and rolled up in it.

SPANISH OMELETS.

With tomatoes, onion, mushrooms and ham all minced and cooked together and placed part inside the omelet and part in the dish for a sauce.

Then there are onion omelets, oyster omelets, kidney omelets, asparagus omelets, chicken liver omelets, truffle omelets, sweet omelets, jelly omelets, rum omelets, and soufflee omelets, sweet light and flavored. All to be had at any first class hotel for the asking.

POPOVERS OR GERMAN PUFFS.

2 eggs.
1 pint of milk—2 cups.
10 ounces of flour—2 rounded cups.
Salt, a small teaspoonful.

Break the eggs into a bowl, beat them light and keep adding the milk to them while beating. That takes about five minutes. Add the salt, then the flour all at once and beat it smooth like cream. Bake in cups or deep muffin pans well buttered and only half fill them with the batter, bake in a moderate oven about half an hour.

These puffs are one of the culinary curiosities, as they have neither powder nor other raising material in them, yet they rise high above the tops of the cups and become quite hollow. The batter may be kept for an hour or two after mixing and little batches of puffs baked fresh as wanted, and the last will be as good as the first.

THE FAVORITE GINGERBREAD.

A good cook book contains hundreds of special treasures that maybe are but "born to blush unseen," this one, however, must be pointed out because of its great usefulness as a supper cake to be served warm. It is the Sponge Gingerbread, on page 47 of the first part of the book, and in larger quantity in the second part at recipe No. 545.

COOKING WITHOUT EGGS.

While it is true, as tasteful cooks often remark that "it takes good things to make good things," there are times in July and August when eggs are not good things, and we must often get along without using any even in cakes. The recipes here following for making various cakes, pies and puddings without eggs will probably be found as valuable as anything that could be put into a book, for they have all been in use and are therefore well tried and reliable, and will often be the means of helping the reader out of a difficulty when the marketing runs short.

GOOD WHITE CAKE WITHOUT EGGS.

1 small cup of sugar—6 ounces.
½ cup of butter—4 ounces.
2 small cups of milk—a pint scant.
2 heaped teaspoons of baking powder.
5 cups of flour—1¼ pounds.

Warm the butter and stir it and the sugar together till well mixed, add the milk and a little flavoring of nutmeg extract or lemon or vanilla. Mix the powder in the flour, stir all together. It makes a stiff batter. The more it is beaten with the spoon the better the cake. To make it as white as if made with white of eggs one cup of the milk should be sour, or else add a small teaspoonful of cream of tartar, the same thing that makes "angel food" so white. Brush the top of the cake with milk before baking to smooth and glaze it.

WHITE LAYER CAKES WITHOUT EGGS.

Bake the white cake of the preceeding recipe on jelly cake pans; spread very thin because the mixture rises in baking. Spread jelly between and frost over the top.

CAKE ICING WITHOUT EGGS.

Powdered sugar merely wetted with water makes a good semi-transparent icing and dries white on the cakes. It may be colored as well as that made with white of eggs.

To make icing to beat up white and firm and yet use no egg-whites, take a little gelatine and dissolve it in hot water. Have it like mucilage and use like white of eggs.

CHOCOLATE LAYER CAKES WITHOUT EGGS.

Make the white cake preceding, bake in thin sheets and spread chocolate icing between and on top. Chocolate icing is made by dissolving sugar in a very little water and boiling it and stirring in some chocolate till that is melted and mixed with the syrup. Four ounces of chocolate to half a pound of sugar will do, but more or less can be used as well.

CHOCOLATE CAKE WITHOUT EGGS.

Make the white cake mixture and allow a trifle more milk as the chocolate dries it, add two ounces of common chocolate melted in a pan without anything added to it. Flavor the cake with vanilla, besides, and frost over the top.

SPICE CAKE WITHOUT EGGS.

Make the white cake mixture without eggs and add two teaspoonfuls ground cinnamon and the same of mixed ground cloves and alspice, bake in shallow tins and frost over when done.

WHITE CITRON CAKE WITHOUT EGGS.

Make the white cake mixture, flavor it with lemon, add half a pound of citron cut small. Bake in shallow tins and frost over when done.

GOOD FRUIT CAKE WITHOUT EGGS.

Make the white cake mixture, add four teaspoons mixed ground spices, ½ cup of molasses and one pound each of raisins and currants.

COOKIES WITHOUT EGGS.

1 small cupful of sugar—6 ounces.
½ cupful of butter—4 ounces.
2 small cupfuls of milk—a pint scant.
3 heaped teaspoonfuls of baking powder.
Flour to make soft dough—about 6 cupfuls.

Warm the butter and mix it and the sugar together, and then the milk (water will do). Mix the powder in the flour, stir all together. Roll out very thin. Shake some granulated sugar over the sheet of dough, cut out and bake well done.

RAISED CORN BREAD WITHOUT EGGS.

It is as light and soft and smooth-crusted as wheat bread.

1½ cupfuls of corn meal.
½ cupful of flour.
1 tablespoonful of sugar.
½ teaspoonful of soda.
Same of salt.
4 tablespoonfuls of melted lard or butter.

Sour milk or buttermilk enough to mix it up about as thin as batter cakes.

Beat up well with the spoon, bake it in a shallow pan. Have the pan greased and hot before pouring it in.

If no sour milk, use sweet milk and baking powder and no soda.

CHEAPEST AND BEST GRIDDLE CAKES WITHOUT EGGS.

About the easiest, quickest made, cheapest and best griddle cakes are made with only four ingredients, viz; "Clabber" or milk curdled by souring, flour, soda and salt.

Take a little sifted flour in a pan, add "clabber" until it can be stirred to the proper consistency to bake on a griddle, then add a little salt and soda. There is no measure to give, only that in a general way a teaspoonful of soda is required for a quart of sour milk.

A summer resort in the mountains was talked about at one time by every traveler on account of the excellence of the griddle cakes made there, and the writer discovered that their specialty consisted in nothing more than the simple mixture of "clabber" and flour above described—and besides, they had nothing else very good, so the griddle cakes seemed all the better by comparison with the rest.

MACARONI AND CHEESE WITHOUT EGGS.

It is so much the American practice to bake macaroni in a sort of rich egg custard, many people seem to think it cannot be prepared without such expense, when in fact, macaroni is intended to be eaten alone, only plain boiled and in soup.

Baked macaroni and cheese is good if made in this way. Take

½ pound macaroni.
2 or 3 ounces of cheese grated—a cupful.
3 or 4 basting spoons of drippings from the roast meat.
2 cupfuls of milk or water.
2 spoonfuls of flour thickening.
A handful of crushed crackers.

Boil the macaroni in a pot of water 20 minutes, then drain it off, mix the cheese, milk, drippings, salt and thickening with it and bake in a pan like a pudding with the cracker dust on top.

Another way without eggs or butter may be found at recipe No. 238.

PUMPKIN PIE WITHOUT EGGS.

1 can of pumpkin, or a quart of fresh cooked.
1 cupful of sugar.
2 cupfuls of milk.
3 basting spoonfuls of flour and water thickening.
1 teaspoonful each of ground ginger and cinnamon.

Mix all together and fill into 3 or 4 paste-lined pie pans. Bake without a top crust.

BUTTER PIE OR CUSTARD PIE WITHOUT EGGS.

4 cupfuls of milk—a quart.
1 small cupful of butter—6 or 7 ounces.
1½ cupfuls of sugar—12 ounces.
1 cupful of flour—4 ounces.

Boil the milk with the butter in it and a spoonful of sugar to prevent burning. Mix the flour and sugar together dry and stir them into the boiling milk rapidly, take the mixture from the fire immediately and it will finish cooking in the pies. Bake the same as a custard in a paste-lined pie pan without a top crust.

CHOCOLATE CREAM PIE WITHOUT EGGS.

The same as the preceeding with a small cupful of grated chocolate added to the milk when

first put on to boil. This chocolate cream pie is the best that can be made; is better eating than if made with eggs, because the chocolate and butter combine well together.

SPICE PIE OR VINEGAR PIE WITHOUT EGGS.

2 cupfuls of water—a pint.
1 cupful of vinegar.
2 cupfuls of brown suger—a pound.
1 ounce of butter.
1 teaspoonful of ground cinnamon.
1 cupful of flour—4 ounces.

Boil the water, vinegar and butter together. Mix sugar, flour and cinnamon together dry and drop them into the boiling liquor beating rapidly at the same time. Take it from the fire, it will finish cooking in the pies. Bake in pies with a top crust on as well as bottom.

LEMON PIE WITHOUT EGGS.

Find directions at recipe No. 204.

PUDDINGS WITHOUT EGGS.

These will be found sufficiently plentiful in the book. Steamed puddings of fruit and biscuit dough can be made in variety, as at recipe No. 202. Tapioca, sago, farina and other such materials make good puddings, if only boiled in sufficient milk, sweetened and baked with apples in them, or without. Rice pudding without eggs is the best of puddings, made as directed at recipe No. 178.

THE RUDIMENTS OF FANCY MEAT COOKING.

Fancy meat cooking, the making of little tasty dishes to vary the monotony of plain meats, is something more than mere fancy work, it is the practice of the strictest economy; not that kind of economy which goes without things, but the skillful economy which makes much out of little and has everything without much cost. The first thing to learn in making little dishes is to make a sauce, a white sauce of butter, flour and water, for the sauce is the cement which will hold the minced chicken or meat together when cold, so that it can be shaped into croquettes, or will carry the seasoning and flavors which make the trifles of meat or fish so savory in a patti or shell.

TO MAKE WHITE SAUCE OR BUTTER SAUCE.

Place ½ cupful of butter and the same of flour in a small saucepan over the fire and stir them about until the mixture begins to bubble, then add a cupful of boiling water, a little at a time, stirring all the while. Season with salt if not enough in the butter and strain the butter sauce thus made into another vessel.

TO MAKE CROQUETTES.

Cut or chop anything you wish to make into croquettes—chicken meat, veal, lamb, lobster, oysters, brains, sweetbreads, or any other kind of meat. Mix it when chopped with some of the white sauce to make it adhere, put in a slice of bread soaked and squeezed dry, to make it still firmer; add pepper and salt and other seasonings if you like, to make it taste nice. Then set the mixture away to become cold. After that make it in little shapes like sausages, or in round balls, or like pears, roll each one in beaten egg-and-water then in either flour or cracker dust and fry them in lard or meat drippings. Serve hot with some of the remaining sauce in the d o with any kind of vegetables, or with various sauces made specially for them as directed in the book.

MEAT RISSOLES.

Mince some cooked beef-steak or other cold meat fine, season it, mix in enough white sauce to make the mince adhere together and set it away to get cold, after that roll it in sausage shapes, roll each one in a thin piece of pie paste and either bake or fry them.

TO MAKE ALL SORTS OF PATTIES.

First make the white sauce, then prepare the oysters, by boiling separately, or cut chicken meat, or whatever else and put them in the sauce. Fill small patti crusts or shells with the preparation.

The above is but a beginning, a first lesson, the different kinds of sauces and the variations of dishes are taught in the body of the book.

CHICKEN GUMBO SOUP.

Chop a chicken into small pieces, a large onion likewise, and fry them in a little butter until they begin to brown, throw in a large spoonful of flour and stir it until it has dried up the butter, then add water or soup stock, a pint of tomatoes and three or four times as much green okra sliced thin. Simmer together for an hour, season with salt and pepper. Serve with rice in a separate dish.

CANDIED SWEET POTATOES OR YAMS.

Boil or steam the potatoes first, cut them lengthwise, place in a deep pan with sugar, butter and water and bake long and slowly till the potatoes are brown and the liquor has become syrup. Serve with meat.

TO PICKLE CUCUMBERS WITH SUGAR.

Gather the cucumbers while quite small, rinse in cold water. Cover the bottom of a barrel with sugar half an inch deep, cover the sugar with cucumbers, then a layer of sugar, then more cucumbers and so on till the barrel is full, finishing with a layer of sugar. Place a small lid and weight to press the cucumbers down. The sugar and juice from the cucumbers will make vinegar, and in a short time the pickles will be very sour, but still keep their green color. They are ready for the table at any time, but are improved by changing into a jar as wanted and having fresh vinegar boiling hot poured over them.

CUCUMBER PICKLES IN BOTTLE.

Let the fresh gathered cucumbers lie in strong brine for two days, take them out and soak in fresh water for two hours, then put them over the fire with enough weak vinegar and water to cover them. Do not let them boil, only scald until tender, then drain away the vinegar and put them in bottles. While the cucumbers are heating prepare fresh, strong, spiced vinegar to cover them in the bottles this way:

To a gallon of vinegar add
2 tablespoonfuls of salt.
Same of whole pepper.
Same of mustard seed.
1 ounce of whole ginger.

Boil ten minutes. Pour over the pickles in the bottles boiling hot and seal up immediately.

GREEN PEPPER MIXED PICKLES.

Chop green pepper, green tomatoes and large cucumbers from which the seeds have been removed, until small as peas. To each gallon add one cupful of salt, mix well, then put in a bag and hang it up to drain.

Take for each gallon
2 quarts of vinegar.
1 ounce of cloves.
Same of mace.
Boil twenty minutes.
Strain out the spice, add to the vinegar
1 tablespoonful of ground pepper.
2 tablespoonfuls of ground mustard, just wetted with cold vinegar.

Pour this while hot over the pickle in a jar, cover with a tight lid or with several sheets of paper and tie.

CHOW-CHOW.

Cucumbers, cauliflowers, onions, green tomatoes and string beans are the best to use, green peppers and other pickling vegetables can be added if desired. Cut into pieces, boil some salt and water and pour it over them hot; let stand until cold and then hang the vegetables up in a bag to drain. After draining put them in a jar and pour over them boiling vinegar; let stand until cold, drain off the vinegar, measure it, set it over the fire.

For each quart of vinegar take
1 small cupful of ground mustard—4 ounces.
½ cupful of sugar.
¼ cupful of flour.
1 teaspoonful of white pepper.

Mix, smooth with a little cold vinegar, pour into the boiling vinegar and cook five minutes.

Pack the pickles in bottles, pour the thickened vinegar over them hot and seal up immediately.

CANTALOUP AND CITRON SWEET PICKLES.

Peel the cantaloups or citrons—they are both done the same way—take out the seeds, cut into long broad slices. Set them over the fire in cold water and bring to a boil, try if a straw can be thrust through them easily and take them from the fire before they become too soft, then drain dry.

Set them over the fire again with measured good vinegar enough to cover them. To each three quarts of vinegar allow
3 pounds of sugar.
1 ounce of stick cinnamon.
½ ounce of whole cloves.

Let all come to a boil again, then put in bottles or jars with a piece of ginger in each and seal or tie down.

GREEN TOMATO SWEET PICKLES.

Take one peck of green tomatoes, slice them, place in an earthen vessel, sprinkle a handful of salt over them and cover with boiling water. Let them stand four hours, drain off the salt water, put them on in clear water, let them boil five minutes, then drain until all the water is removed. Put on the stove again with enough good vinegar to cover them. Add three pounds of sugar, some stick cinnamon and whole cloves tied up in a muslin bag, boil until the tomatoes are tender, then put in bottles, a piece of ginger in each and seal up.

PEACH SWEET PICKLE.

Use cling or hard peaches, rub off the outside with a coarse towel, but do not peel. Pour boiling water over them, drain off, mix sugar and vinegar together, a pound to a quart, add spices, pour over the peaches and let come to a boil, then take them from the fire and pack in jars or bottles, and cover down and seal, if convenient. They will keep some time without being sealed up and only tied down with paper.

In the Land of Fried Chicken.

(*Contributed to the Northwestern Hotel Reporter.*)

The whole country around a great summer hotel for forty or fifty miles takes an interest in the probabilities of there being a good or bad season, for each hotel is a market, and some of the hotel-keepers are so fortunate as to be able to rule the market and fix their own prices; learning, however, to so nicely balance the account of present and future interests as not to bear down prices too low this year for fear the producers will be discouraged from raising anything next year, and there might be in consequence a dearth of fried chicken and thus the resort business would be ruined. Your old experienced resort keeper knows better than to cut off his sources of supply, and confident of their market, a thousand people in the little homes among the hills and valleys of two or three counties are working for him months in advance and they are mostly

RAISING SPRING CHICKENS.

So, before the season begins, the resort hotel may look bare and lonesome enough, there is no market to buy in, perhaps, and the neighborhood appears to possess no surplus, yet the proprietor engages out his rooms and look serenely forward to the time of the arrival of his hundreds of summer guests, knowing that the whole back woods and all the orchard trees are swarming full of spring chickens, only waiting for him to whistle as it were, or drop a line to half a score of waiting peddlers, with chicken coop wagons three tiers high, to have them come in by the thousand. Eggs and butter, fat steers and sheep, too, of course, but young chickens are really the main stay of the resort business, and

THE FAILURE OF THE CHICKEN CROP

is what causes the desertion of some fine summer resorts which have been popular and of which the decline seems unaccountable. It is quite appalling to think how many men of means and brains rush into the business of keeping summer resort hotels who are and remain utterly ignorant of the fact that the first principle of resort keeping is

PLENTY OF FRIED CHICKEN,

and not knowing this, they fail and the next summer the "unfortunate," the chickenless hotel remains closed, True, your guests love other things, too. They love music and fried chicken; electric lights and bells and fried chicken; telegraph and post office in the house, and fried chicken; great elevations and pine woods and fried chicken; fine drives, all sorts of amusements and all other modern conveniences and fried chicken; but as nobody expects to get all the good things in this world at once if any of those preliminary inducements should be lacking, still if the fried chicken remains, the guests will stay too. That is why some of the ancient resorts are still always crowded, although to the superficial observer the attractions seem most meagre and the people are really not very well treated, nor even thanked for their patronage; the secret of it all is plenty of fried chicken, and if it be true, as is sometimes said, that there are mosquitos in New Jersey, and large ones, too, and still the resorts are well patronized, it must be for the same sufficient reason that the chickens are still larger, they are plentiful and they are fried.

THE COOKING OF THE CHICKENS

is a matter of some consequence, and where the importance of chicken as an element of success is fully understood, it is a rule in diplomacy that chickens must never be served roasted while they are small enough and young enough to broil and fry; because, says the astute manager, the season of spring chicken is short; our guests spend it here; when they go home they will have roast chicken till they are tired of it, they will have large and old fowls as they had during the winter before they came, but they got young broilers and fried chicken only here and they remember us all the year round. So roasting and boiling being banned, the young chickens by the hundreds may be split and broiled on the gridiron, or split and baked in butter gravy with a little flour sifted over in a pan in the oven, which way is called "smothering," or

SMOTHERED CHICKEN,

and a good juicy way and savory, in spite of its name; and made occasionally into a pie or fricassee or white stew, just for a change, but the great way, the way to do nine times to any other way once, is to fry them. There are plenty who will contend that

THE BEST WAY TO FRY CHICKEN,

and to fry fish is the simplest way, that is to roll the pieces in plain flour only and drop them into a kettle of hot lard to fry light brown, not letting them stay in long enough to dry out all the juiciness. But the houses that make reputation out of the excellence of their fried chicken put on a touch above that, and a more expensive one for it uses up eggs, but as eggs are comparatively cheap in the chicken region they find it to their interest. The way they do is to dip the pieces of chicken in egg and then in flour, or more literally, they beat two dozen eggs enough to mix them well and pour them into a panful of cut up chicken, add salt and white pepper enough to

season well, tumble the pieces about till well egged over, then drop them into a pan of flour and take them, well coated, into the kettle of hot lard or pork fat, frying only a few pieces at a time and taking them up when of a rich yellow-brown color, draining on a sieve for a minute or two and sending to table

HOT AND FRESH COOKED.

By this plan the chicken is coated over with a thin crust and is of much finer color than when flour only is used, and that method of breading is all sufficient; for in the chicken districts there is no cracker dust and it would not make such good fried chicken if it were used; and as for corn meal, that may do for fish, but it is a barbarous thing to use for frying, only for the plains and the gipsy camp, not for resort hotels' fried chicken.

There are not so many summer resort hotels being built and opened now as there were a few years back. It is only a lull,

WAITING FOR THE CHICKEN CROP

to catch up. To build more resort hotels than spring chickens to supply, is precisely like building too many mills when the country does not produce wheat enough to keep them running. As the country becomes thickly settled and spring chickens become plentiful, all the languishing resorts will open up and be crowded with rich and happy guests. The reason why the great Rockaway Beach hotel was never opened was its location so far from the sources of supply that it was seen to be quite impossible ever to get fried chicken enough to keep it running.

How They Cook Rice Down South.

(*Contributed to the Northwestern Hotel Reporter.*)

THE LAST OF THE SOUTHERN STEAMBOATS.

Savannah is said to be now the most Southern city in the South, in appearance and ways the least changed, and here may be found, plying up and down the Savannah river to "Augusta and way landings," some of apparently the very last of the old-time Southern steamboats. There are steamers plenty running in connection with the railroad lines on the sounds and bays, but they are new-style affairs with screw propellers, painted and sometimes gilded and they charge so much for fare and charge for meals as they ought to do separately at good hotel prices, while these old boats, or at least the old side-wheeler on board which this is written, has not been painted for many years, the old coats of paint are chipping off in rough fragments, and it is so long since the canvass covering of the upper decks was tacked down that the very nail heads are worn down thin and bright by passengers' feet. A heavy built German lumber and log speculator placed his feet on the front rail of the passenger deck to tilt his chair back, and the rail broke under the pressure, and it is not likely to be repaired unless the negro porter accidently finds a nail and tacks up the broken stick out of pure good-will towards the old boat; the original jack-staff which stands up at the bow for a guide for the pilot's eye is gone and its place is filled by a straight pine pole out of the woods, peeled of its bark, but not planed; in all other respects the old boat seems to be like Holmes' famous "one horse-shay," wearing out so evenly that every part will come to its end and all fall to pieces at once some day, and that will be the end of the opportunities for enjoying the restful, slow-going, dreamy sort of traveling that the old steamboats offered, for no new boats can be built to carry passengers and give two nights lodging in a neat state-room, six meals and about two hundred and fifty miles of travel, as the river runs, all for three dollars and a quarter. That is the old time rate and that is what this boat does, and it is a good deal cheaper to live on board her and travel than it is to stay in town and do nothing.

A SPECIALTY IN COOKED RICE.

Not much can be expected of the table set at such a price. It is not quite as bad as it might be; perhaps the gruff little captain, if anything were said, would aver that his fare is as good as most of his passengers get at home, and, in truth, they all seem blessed with good appetites and eat heartily; yet even the captain cuts but a little corner off his very black and dry piece of beef-steak and pushes the rest to the side of his plate and leaves it. But the coffee is good, the baking powder biscuits are good and a marvel of good cooking is the dry rice. That is their specialty, and it is the specialty of all the ride-producing regions of the Carolinas, Georgia and the Gulf States. Very little is known about rice in the North, few people eat it except in puddings, and when to be eaten with meat it is generally cooked soft and then mixed with more or less milk and butter when the best endeavers are put forth, but at the worst cooked rice is but a pasty lump often so dark as to look blue. Rice is not liked in the North, and there is plenty of reason for the fact in the general ignorance of the best method of cooking it, for rice cooked in the Southern way, as it is on this antiquated steamboat by a "no-account" darkey who is not otherwise much of a cook, is a pile of loose grains as white and as light as newly fallen snow flakes; each individual grain is absolutely distinct from

the rest; the grains lie crosswise and leaning with spaces between like rails in a fence and can be stirred and tossed with the fork like so many dry and separate peas or beans; in short, the grains, though well cooked do not stick together, and as this sort of loose and dry rice is so different from the caked-together solid rice which most cooks serve when dry rice is asked for, it seems worth while to explain the matter at length.

A RARE ATTAINMENT.

It is not the simplest matter in the world to cook rice perfectly, as many seem to think, and the darkey who does it easily through long practice of the one thing, has a specialty which but few of the best reputed cooks have mastered, mainly because rice goes with the vegetables, to be cooked by the vegetable cook in every large hotel kitchen, and these being too often considered unimportant and cheap, as often are quite unskillful and their work proves disappointing to those who expect fine things from fine hotels without knowing how mediocre some of the agents employed may be, and I have seen people vainly try to get the dry rice they deemed so easy and simple, because they had been used to seing it on their table daily at home, and give up with a sigh of pity and scorn for the reputed fine cooks, without ever knowing that the chief cook is prevented by the usual routine of the kitchen from having the preparation of the dry rice, even if he knows how to cook it. Those who try to cook rice to the Southerner's taste and fail, will plead a difference in kinds of rice. As "rice is rice" wherever we get it, not much ground for excuse seems to exist in that quarter, yet I have known an experienced hotel keeper in Virginia to set aside the bag of rice his steward was issuing the daily requirements from, and send to Charleston for a special brand of the best quality, because his cooks were not producing dry rice in perfection from the other, and a recent writer in an English magazine of gastronomy expresses profound surprise that some English cooks should be so stupid as to expect to produce perfect curried dishes with common Patna rice when some other kind should have been used, which all goes to prove that there is a difference in the kinds, but still Carolina rice is accounted the best even in the London market.

HOW TO COOK RICE.

The way it is done is by boiling a little rice in a pot ful of water till just done, then pouring rice and water together into a sieve, letting the water all drain away and putting the rice back in the saucepan on the edge of the range to keep hot.

That is the whole thing in a nutshell, yet it will be found to require practice and personal observation of difference of results to succeed in getting the grains loose and distinct but "feathered" and well done at the same time.

The East Indian rice-eater's recipe says: "Have a large pot of water boiling before you put in the rice, the rapid motion of the water will prevent the grains from resting on the bottom and they cannot burn." That, however, is only practicable for a small quantity, for a large lot which has been well washed will stop the boiling at once, and has to be stirred up while cooking with a wooden paddle. Besides, the flour or starch which a large lot of rice parts with while boiling will be sufficient to make the grains adhere to each other, to prevent which the rice, after being drained from the hot water, must be put back again and stirred around with plenty of fresh water—cold will do—then drained as before and replace and made hot. No seasoning of any description is to be mixed with the rice before serving, but those who wish it will season it at the table—and the pure grease roast beef drippings which these Southern cooks think is gravy and serve in a sauce boat, as such does seem to have a place in the table of economy after all, when it is poured over and mixed with the loose white rice instead of the butter which is certainly not fit to eat. After the best has been done in the way of boiling, draining and reheating the rice, considerable aid may be derived from lightly tossing the grains apart with a two-tined fork.

There are plenty of people who will no more eat rice than they will corn bread, no matter how well either of them are cooked, and yet it is necessary to practice with loose cooked rice in order to understand the merits of the various curries, and pillaus and the jambalayas, gumbos and other Southern dishes, in which the loose, firm and dry grains absorb the liquid gravies and become a savory accompaniment to the bits of meat or fish not possible with the wet, insipid rice of Northern cookery.

THE HERALD COOKING SCHOOL.

This hungry man's delight which we have before us is the New England Boiled Dinner. It is much more pleasant to treat of a thing as the very article than to have it appear vaguely as one of the indefinite number and variety of boiled dinners. It gives one a sense of possession. Doubtless there were in the long ago other boiled dinners, but they lacked the staying quality, and were incomplete in some important particulars; this has come down the stream from the granite hills like a rock in a river, jostled and chipped and worn smooth and rounded up into an entity with a name just like a boulder. It would be interesting to inquire how comes it just this, neither more nor less, a rounded up dishful, symmetrical in its proportions, passing current in the market of meals over the city counters as a pumpkin or melon or cabbage head in the vegetable market, although made up of parts. Suppose it to have originated where the soil was thin, where the potatoes were small and few in a hill, and had to battle with the stones to grow at all, and the parsnips and carrots found no place to push their long roots down and so gave it up and stopped short: where the vegetables were habitually small and could be crowded many in a dish; where the pork had always two streaks of lean to one of fat, and the beef only appeared when a neighbor killed and lent a quarter till the other neighbor should kill and pay it back, what preservative principle has enabled the New England Boiled Dinner to keep itself together through all the changes encountered while spreading over this great country? Why did it not lose one thing here, and another there and get mixed up and obliterated? How did it get over the difficulties in the rich valleys of the West when it found the vegetables growing to enormous sizes and the corn-fed beef and pork all fat? How often must there have been spoonfuls of succotash or of beans, or a section of squash or pumpkin, or peas or corn surreptitiously crowded into the dish? Why did they not remain? How did the New England Boiled Dinner get rid of them and come out clean as we see it to-day? And having passed through so much, how much more could it endure and come out intact? In going South how much of an addition of corn, peas, butter beans, rice, and sweet potatoes can it bear and still be itself? In going down the Pacific, at what degree of mixture with water and Chili pepper will it cease to be itself and become Mexican stew? "Take away my first, take away my second, take away my all, and I am still the same," says the riddle, but can the New England Boiled Dinner say the same?

Let us take it apart and see what it is composed of. How many of its parts, if any, could be lopped off before it would cease to be?

MENU NO. 1—DINNER.

1—New England Boiled Dinner

Consists of:

2 portions of corned beef.
1 portion of salt pork.
1 portion of cabbage.
1 potato.
1 parsnip.
1 carrot.
1 turnip.
1 onion.
1 beet.

For five persons the average required will be two pounds of corned beef (raw weight) and one half-pound of pork. Wash the beef in plenty of cold water and put it on in cold water to cook. Shave off whatever of the outside of the pork you would not like in soup, and boil the pork with the beef, but for a much shorter time.

Cut the vegetables in pieces and cook each kind separately if practicable; the beets at any rate must be kept apart, and the cabbage should be drained of the first water and finished boiling in a second or with the meat. Pare the potatoes before cooking, steam them and serve them whole.

When all are done place all the vegetables in sections to themselves on a large platter, slice the beef and pork and lay on the top and send to table hot.

To cook such a dish as that properly is more of a triumph of common sense than of skill. Had the New England Boiled Dinner been left to depend for its preservation upon us, the very fine cooks, it would have perished and been forgotten long ago, for through the division of labor in large houses it often occurs that the cook who makes the compounds knows nothing about the plain vegetables. So the boiled dinner that has

survived so much would have come up with the corned beef half done and tough enough to spring off the dish—for the corned pieces nine times out of ten are such as would not do to roast or broil—and the pork would be too soft to slice. The potatoes that will steam in thirty minutes would be spoiled while waiting for the carrots, which take two hours, or the parsnips and onions, which require one hour and a half, or the turnips, one hour, or the cabbage, which one day may cook soft in twenty minutes and another day take an hour or more—owing to the kind and the season of the year. The corned beef generally requires three hours boiling to make it good, depending, however, upon the quality and size of the beef.

It will be seen from the above examples that to cook by boiling a good deal of head work is necessary, if not much skill. It is not a sort of knowledge that will come of itself, as a knowledge of broiling might. Somebody has observed that Homer in all his writings never once mentions boiling as a mode of cooking, although he describes a number of feasts and in one place has Achilles doing the broiling for a party of Kings, his guests. So it is inferred that boiled dinners were at that time unknown. People were not wise enough.

The most difficult vegetable we have to overcome by boiling is the beet, and because it takes a long time its luck is, generally, to be left uncovered and nearly boiled dry, open to the air with neither steam nor water, and somebody goes about fuming because there is no end to the boiling. The time can be reduced one-half by covering with a tight lid. A subscriber writes to an editor asking if it be true that certain articles take longer to boil, or cannot be boiled at all, at great elevations, and is answered in the affirmative, and instances quoted from the Baron Von Humboldt, who could not cook potatoes on the top of a certain mountain range. But it should be observed the experiments only referred to the low boiling point of water in open vessels, and took no account of confined and superheated steam. In point of fact, the people who live in very elevated localities find very little difference in the time required for cooking any article over lower elevations, provided they keep the lid on the kettle.

The liquor in which corned beef and salt pork has been boiled may not be very commendable as stock to make soup out of, yet it may be so available in some cases if not too salt. The meat loses from a fourth to a third of its weight in boiling, and a portion of the loss is prevented when the liquor can be put to use. If not for that purpose, let it become cold for the fat to be taken off for use in frying.

2.—Apple Dumplings Cooked in Sauce.

First make the short paste with one pound of flour—a heaping quart after sifting—four ounces of shortening, a rounded-up cupful of minced suet, or a level cup of cold butter or lard, one cupful of water, salt. Keep out a handful of flour to dust with. Rub the lard into the flour dry till thoroughly mixed. Put in the salt and all the water; work it up to a smooth paste; roll it out once on the table like pie paste; fold it in three and it is ready for use. The water should always be poured into a hollow in the middle of the flour when making any kind of paste, and the flour drawn in gradually while stirring, otherwise the paste may be rough and lumpy, and much working to correct the fault will make it hard.

The above is the kind and quality of paste used in most of the bakeries for pies; it is the universally useful sort. Dumplings made of it do not break when boiled in water. But while the top of the range is occupied with the boiled dinner the empty oven will do for the dumplings. Half fill a bright tin pan with milk and water and set it in the oven to boil. Pare and core small but good and easy cooking apples. Roll out the paste in one large sheet, put an apple under and close and pinch off the paste underneath the apple—quickest way—and cook the dumplings in the pan. They take about half an hour. Brush a sheet of paper over with melted drippings and lay it on top to keep the dumplings from baking at first, and take it off, baste and brown them when nearly done. Add sugar and a little butter and nutmeg to the liquor in the pan; strain and use it for sauce.

I know a gentleman who, both for his own gratification and to perpetuate the custom of his father, always orders his apple dumplings when made as above, brought to him on a soup plate, and all it will hold. That is why there is no particular number of apples specified.

3.—Tapioca Jelly with Cream.

1½ pints of water—3 large cupfuls.
2 ounces of pearl tapioca—½ teacupful.
6 ounces of sugar—a teacupful.
½ a lemon.

Steep the tapioca in one cupful of the water for two hours. The water is to be cold when added, but the bowl may be set in a warm place. Then boil the other two cups of water with the sugar in it; cut the lemon rind, or part of it, into shreds and throw it in and add the juice. Stir in the steeped tapioca, and let cook at the side of

the range till transparent—about twenty minutes. May be colored with burnt sugar or cranberry syrup. Set in wetted cups or a mold. Serve cold, with sweetened cream. The rough tapioca can be used as well, but should be crushed by rolling.

4—Sugar Cakes or Cookies.

1 cupful of sugar—8 ounces.
½ cupful of butter—4 ounces.
3 eggs
½ cupful of milk
2 teaspoonfuls of baking powder.
1 pound of flour.

Mix in the order as printed. Sift sugar over before cutting out.

5—Cup and Spoon Measure.

There can be very little good cooking without exact measures and weights. If scales accurate enough to weigh by ounces cannot be had it is possible to get along and do fine work even by just finding a cup or tumbler that holds ½ pint and then learning how much a cup of each article is in weight.

A teacupful when it may occur in this book means something less than a cup.

A CUP is a ½ pint coffee cup.

WATER—A cup is ½ pint, which is 8 ounces.

MILK—Same as water, vinegar the same.

MOLASSES—A cup weighs 12 ounces.

SUGAR—A rounded cup is 8 ounces.

BUTTER—A pressed-in cup, or melted, is 7 ounces.

FLOUR—A level cup is 4 ounces, heaped 6 ounces.

SUET—Minced fine, a cup is 4 ounces.

LARD—A cup is 7 ounces, pressed or melted.

RAISINS—A heaped cup, without stems, is 8 ounces. A quart is a pound.

CURRANTS—A heaped cup is 6 ounces.

EGGS—A cup of raw egg is 5 eggs.

YOLKS—A cup holds 13 raw yolks.

WHITES—A cup holds 9 raw whites.

WHOLE EGGS—10 average a pound.

RICE—A cup of raw rice is 7 ounces.

GROUND COFFEE—A heaping cup is 4 ounces.

TEA—A heaping cup is 2 ounces.

A BASTING SPOON holds 4 tablespoonfuls; it holds 2 ounces of molasses, or 1 ounce of melted butter or lard.

A TABLESPOON holds 1 ounce, heaped, of sugar, flour, starch, rice, barley, sago, corn-meal; or ½ ounce of ground coffee. Fourteen tablespoonfuls are ½ pint or cup. liquid measure.

A TEASPOONFUL is half as much as a tablespoonful; it is ½ ounce of many articles; a teaspoonful of tea is ⅛ ounce; of ground coffee ¼ ounce.

SIZE OF AN EGG of butter or lard is anything from 1 to 2 ounces.

OYSTERS—A cup is 1 dozen selects or 2 dozen small; 4 cups are a quart. A can of oysters contains from 3 to 4½ dozen.

APPLES average 4 to a pound.

POTATOES—Average 6 to a pound; they lose from one-third to one-half their weight by paring raw, but only 15 pounds out of 100 if cooked and peeled afterwards.

POTATOES—2, as usually served with a meal, cost less than ½ cent.

COFFEE—To the gallon ½ pound is the usual allowance; 1 tablespoonful makes a good cup.

TEA—To the gallon ⅛ pound is the usual allowance; 1 teaspoonful makes a good cup.

SUGAR—2 teaspoonfuls sweetens ½ pint; allow a pound to a gallon of coffee or tea.

The cheapest dishes that are good as well as cheap are Irish stew, soup, macaroni, potpies, apple dumplings. The dearest are fried meats.

MENU NO. 11.—SUPPER.

6—Cracked Wheat, Mush and Milk.

8 cupfuls of water.
1 cupful of cracked wheat, large.
1 teaspoonful of salt.

Use a flat-bottomed, bright iron saucepan. Brush the inside with the least possible amount of melted lard. This reduces the tendency to burn and lessens the waste. Let the water boil and stir in the wheat and salt, and after a few minutes' boiling again push the saucepan to the back of the stove and let it simmer with the steam shut in for three hours. People who remember to do everything at the right time steep the wheat before cooking.

It is not the wheat itself that burns on the bottom, but the dust or flour in it that has nothing else to do but sink and stick and burn even before the water gets into motion by boiling. Wash the wheat in two waters as you would rice to get rid of the fine dust, and it will not scorch. Another expedient is to set the saucepan on a brick when the top of the range is too hot. Cracked wheat mush is served in a bowl by itself, and another bowl containing cream, set in a plate.

Most people in Chicago are familiar with the appearance of the kind of rolls shown in the cut, for they are made in vast quantities and in great perfection at some of the city bakeries, where they are generally called cream rolls, but made of varying degrees of richness they are known the country over as French rolls, or Parker House, or by bakers generally as split rolls, because they part open in the middle. The parting can be caused in any shape or kind of bread by brushing the dough where it is doubled together with a touch of melted lard or butter, no matter

how little. Plain rolls placed close together in the pans will part clean and even wherever they are so greased between.

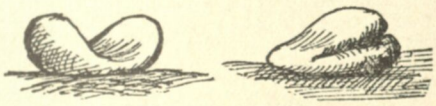
7—French Rolls.

For fifteen and twenty rolls take
1 coffeecupful of milk or water.
½ cupful of potato yeast.
1 egg or the yolk only.
3 tablespoonfuls of melted butter.
1 tablespoonful of sugar.
1 teaspoonful of salt.
1½ pounds of flour—6 cupfuls.

Sift the flour into a pan, make a hollow in the middle, mix the yeast and water together and pour them in through a strainer. Throw in the sugar, salt, egg and melted butter; stir around till half the flour is taken in, and then beat the batter thoroughly. Draw in the rest of the flour, beating all the while, and then scrape out the pan and knead the dough smooth on the table. Brush the inside of the pan with the least possible amount of melted lard, and when the lump of dough is put back in it brush over the top of that likewise. This prevents a crust forming on the dough, and prevents sticking to the pan. Cover with a cloth and set in a moderately warm place to rise.

The dough should be made at 8 or 9 in the morning. The milk or water should be milk-warm, but must not be hot enough to kill the yeast. In the city almost everybody uses compressed yeast and one cake dissolved in half a cup of water will be the same as the potato yeast called for. In the country the home-made or else the yeast cakes have to be used. One of the great city bakers told me the other day in a half confidential way, not knowing that I understood the business, that the best potato yeast started with baker's stock yeast is far better than the compressed, and he always keeps a little on hand, though the bulk of his bread is made with the compressed. The trouble in buying baker's yeast is they water it too much, and nearly all yeast and no water has to be used to raise rolls quick and well.

At 2 o'clock knead the dough on the table again for a few minutes; then put it back in the pan to rise a second time. At 4 knead it once more and make it into rolls. It makes the greatest difference in the quality of bread and rolls how the dough is kneaded. If you make it up in a round ball on the table and keep pressing it under the wrists, breaking it and pulling it over, it will make poor bread, short and crumbly and mealy, and not sweet eating. The right way, and really the greatest point in bread making, is to press out the dough flat with the knuckles, then double it and press out again, and so on for several minutes. The best city bakeries sell a yellow twisted shape of sweetened bread, a rusk or coffee cake, that can be pulled apart almost in strings, and it is made so solely by the way of working the dough above recommended.



The dough, having been sufficiently kneaded, roll it up in round balls, roll a depression across in the middle with a round stick like a piece of new broom handle, brush over in the hollow with a touch of melted lard or butter, double over the two sides together, press down nearly flat, place the rolls diagonally in a baking pan, not touching each other, brush over the tops and set them to rise nearly an hour, then bake in a hot oven about ten minutes. Brush over with clear water when they come out, and cover them with a white cloth till served.

The preceding constitutes the programme of bread-making, and will serve for reference for numerous fancy breads to come. In warm weather the safer way is to set sponge (make batter) first, and add the enriching ingredients and the rest of the flour at the 2 o'clock working. It is safer as a precaution against souring or over-fermentation.

8—Rechauffe of Beef, Mutton or Veal.

1 large cupful of meat cut in dice.
1½ cupfuls of raw potatoes same way.
1 small onion cut or chopped.
Butter size of a walnut.
1 teaspoonful of salt and half as much pepper.
Parsley, and flour to thicken.

Nothing is better for this than cold corned beef, and it should be one-fourth fat. Whatever the meat may be, shave off whatever of the outside

looks black or torn that the dice shapes may be even and not discolored. Set the meat on two hours before the meal, with water enough to cover it, and let it simmer an hour. Then add the onion, pepper and salt, and the potatoes. Cook half an hour longer and throw in the butter and a little chopped parsley. It is best when two or three turns of a spoon amongst the potatoes thickens it sufficiently, otherwise a heaping teaspoonful of flour worked up with the butter can be added.

A Dish of Cold Meat

Looks very much more inviting when the meat is thinly sliced, with a knife that is ground more than once a year, and laid in neat order on a platter with a few sprigs of parsley or cress, and a dish of beets in vinegar set near than when the misshapen lump is set on the table as it is, for some one to carve in pain and tribulation.

9—Potato Salad Plain.

A pint bowl of cooked and sliced potatoes.
1 small onion, sliced or chopped.
½ cupful of vinegar.
Parsley, salt, pepper.
1 tablespoonful of salad oil, or of fried bacon fat.

Mix all together by pouring from one bowl to another and shaking up.

10—A Lesson in Braising.

Braising is a little process in cookery that is but little known—by that name—but without understanding it it is impossible to be a very good cook. But many an old Virginia black aunty, and many another in the places where open fire places prevail, bakes something that has a wonderfully savory smell while cooking and delicious juciness when done in her old-fashioned oven or skillet, or whatever it is on the hearth with a lid and coals on top of it, without ever dreaming that she is carrying on the process of braising, one of the chief methods of French cookery, and in a manner more successful through her constant practice than the imitation done on top of a range can generally be. Braise is still very often spelt braize. It is from the name of the vessel formerly used, a brazier, having hot coals on top as well as underneath. An article so cooked is described in French menus as "braise," with an accent on the e, but whether in that form or as "braised" there are few commonly-appearing words that are so little understood. The English substitutes used are "potted" and "smothered," which, however, are not equivalents and not of single meaning. We are particular in trying to lay this down plainly, because any one who is familiar with the traditions of that savory home cooking that made the turkey or duck or suckling pig, or Dinah's 'coon or 'possum with sweet potatoes browning alongside of it, that cooking that was done in the oven on the hearth, with coals under and on top, and that has always been declared to beat anything the city cooks ever do, now knows better what we are trying to do when we set about "braising," in one minute, than if they had followed us through the possible mystifications of French cooks' terms for months. It may as well be stated at once that there is no method that is good that the masters of French cookery have not adopted, and where possible improved upon, and they have made the best possible use of this method of cooking with the steam shut in and little or no water, simmering the meat in its own gravy and fat, keeping the outside soft and free from crust and discoloration, even while getting it shining brown. And not content only to make the meat tender), for the toughest goose even can be dissolved into soup meat by this way of cooking), they delighted to change the flavors of the meats and make them seem like something else by adding large proportions of vegetables and an undue allowance of spices. The great use of braising with us is to make the tough and dry and undesirable pieces of meat or fowl or game tender and even delicious eating by slow cooking in little more liquor than their own gravy. And we shall do well, if we would please the taste of the generality of people, not to throw into the skillet or oven the multifarious seasonings of the French style, but to follow the home practice of only an onion, pepper and salt, and perhaps a few sprigs of garden herbs.

MENU NO. III.—BREAKFAST.

11—Braised Beef Rolls and Mashed Potatoes.

People who buy round steaks of the butchers find over half of it tender and juicy, fit for broiling; but there is a tough side, the smaller half of the steak, that it is difficult to serve acceptably. Take such pieces and split them thinner, laying the meat on the board, the hand on top of it, and cutting through the flat way with a sharp knife. Sprinkle over these thin slices a little minced onion and a plentiful seasoning of pepper. The salt goes in the saucepan, for a good reason. Then roll up the pieces like thick sausages. They will do without tying if held down in the saucepan by a plate resting on them, but it is neater to tie with thread and take off the thread when they are done. Lay the bits of fat or suet or a thin slice of salt pork on the bottom of the saucepan and place the beef rolls on that; add about a teaspoonful of salt, and, if liked, a piece of turnip and three or four grains of allspice or a little thyme. Grease with drippings a round piece of paper and lay that on top of the meat, pour in a cupful or two of broth or water,

put on the lid and cook very slowly for about two hours.

The particular difference between braising and boiling is that in braising there is never enough liquor to allow the meat to rise and tumble about; the cooking is done by slow simmering at the back of the range or set on bricks, or possibly, still covered with paper and lid in the oven, and the essence is always ready to be quickly converted into gravy. When the meat is done tender, the water all evaporated, the grease clear and the gravy of the meat adhering to the saucepan bottom, before it gets too dark to taste well, take out the rolls, pour the fat into your jar of drippings, put a cup of water into the saucepan and let it boil up; thicken and strain for gravy, to be poured over the meat rolls at last.

That is braizing. In some places whole hams are braized in a gallon of wine in the same way and the condensed wine and meat juice at the last becomes the sauce. We cannot, with our stove or range to cook on, put the hot coals on top of the brazier and cannot in that way bake the rick brown on top that comes after the water has dried out by boiling, but the same effect is obtained by rolling the meats over on the browning gravy at the bottom. And if a suitable pot and lid be at command the watching and trouble of this method is considerably lessened by setting it inside the oven and letting the process go on at a moderate heat or with the oven door open.

Supposing our beef roll to have been done in that way, to dish up place some mashed potatoes on a family platter, smooth over, lay the beef rolls crosswise on top and press them down a little and pour part of the gravy over all.

Articles that need all the time in the morning to cook should be made ready over night and the fragments of that day's provisions so cleaned up and put to use.

12—Fried Corn or Mock Oysters.

1 pint of green corn or ½ can.
1 egg.
1 tablespoonful of melted butter.
Salt and pepper to taste.

Take half a can or less of the corn that is solid packed and pasty, and mash it in a pan to make it imitate the green corn when it is grated, mix in the other ingredients. Have a frying pan ready, hot, with a little drippings, lard or butter in it, shape up the corn with a tablespoon, drop in the pan and flatten down and fry on both sides. The grated fresh corn has the closest resemblance to the oyster taste.

13—Graham Muffins Raised with Yeast.

8 ounces of graham flour—2 cupfuls.
4 ounces of white flour—1 cupful.
1½ cupfuls of liquor—milk and yeast mixed.
1 tablespoonful of molasses.
2 tablespoonfuls of melted butter.
1 egg. Salt ½ teaspoonful.

Mix these things together over night; they make a stiff batter The milk should be lukewarm when the yeast is mixed with it, not hot. Beat the mixture a minute or two. Scrape down the sides of the pan, smooth over the top with the back of a spoon, dipped in melted lard to prevent a crust drying on the top, then set the batter in a moderately warm place to rise. In the morning beat up again, put in greased gem pans or muffin rings, rise half an hour, and bake.

But if you have Graham bread dough already made—plain dough for loaves, we mean—and wish to make some muffiins for breakfast of part of it, use these proportions.

14—Graham Muffins Made with Light Dough.

1 pound of dough, already light.
2 tablespoonsful of butter, melted.
1 tablespoonful of molasses.
½ cupful of warm milk.
1 egg or 3 yolks. Salt.

Put the piece of dough in a pan with all the other ingredients and set them in a moderately warm place awhile, then mix well together and beat the mixture several minutes. Half fill greased muffin rings with the batter, let rise till the rings are full, and bake about eight minutes. Brush over with a little hot water and butter when done. Make ten to fifteen, according to size.

15—Rice Batter Cakes.

1 heaping pint of dry cooked rice.
1 large cupful of milk or water.
6 ounces of flour—2 level cupfuls.
2 eggs (or 5 yolks for best quality).
2 tablespoonfuls of syrup.
1 teaspoonful of baking powder. Salt.

The amount of rice to be cooked specially for this is one teacupful, boiled in a pint of water, with the steam shut in. If ready cooked cold rice, warm the milk and mash the rice with it free from lumps, adding flour at the same time. Then mix in the other ingredients; the eggs well beaten first. Bake on a griddle. Buttermilk and soda can be used instead of the powder and sweet milk.

16—Best Doughnuts, Yeast-Raised.

2 pounds of light bread dough.
4 ounces of sugar or syrup—½ cupful.
1 egg.
4 tablespoonfuls of melted lard.
Lard or other fat to fry in.

Put the lump of dough in a pan and the other ingredients with it, and set them in a warm place. When all warmed and the dough light, work them

all together. Let stand half an hour longer, then it can be beaten smooth and a handful of flour added to make it soft dough. Let it stand to rise four hours if in the day time, but if the dough is made at night with a piece of the roll dough left over from the supper breads it should be left all night to rise and be fried next morning.

Knead by pressing out and folding over a few times, roll out to a thin sheet, brush all over with the least possible melted lard and then cut out ring shapes. Place these on pans to rise half an hour, then drop them in hot lard to fry. They cook quicker than the kind made with powder or with buttermilk and are much larger for their weight. Should not be allowed to get too light in the pans, as that is one reason why doughnuts soak up fat instead of coming out dry and wholesome. It is necessary to be strict about the weight of sugar, not to get too much, for that makes them fry too dark and be doughy eating and greasy.

17—Ginger Snaps.

12 ounces of white sugar.
8 ounces of butter.
3 eggs.
1 small cupful of milk.
2 ounces of ground ginger.
2 teaspoonfuls of baking powder.
1½ pounds of flour, or enough to roll out.

Warm the butter and sugar and stir to a cream. Add the eggs, then the milk slightly warmed, then the ginger and powder and the most of the flour. Work the dough on the table by pressing it together with the flat hands. To be perfect the cakes must be cut out of the dough as soft as it can be handled. When the sheet of dough is rolled out sift granulated sugar all over and run the rolling-pin over it. Cut out and bake carefully.

We shall present recipes for making many richer articles, but the two just preceding are the very best possible for their kind and degree. But we all know that there is a knack to be acquired in working any kind of dough that makes one person's cookies or doughnuts very much better than another's made by the same recipe. The light dough must be really light and lively, not sour, not too much fermented, and the frying fat sweet, not tasting of onions, etc. The ginger cookies will run out of shape with too much baking powder, or be as hard as pieces of crockery with too much flour and sugar.

18—About Soup Stock Management.

A really good cook does not know how to get along without a stock boiler or something that serves for one, it is such a help toward good cooking, and makes the work easier. There may be times when bouillon or some other clear soup is to be served in cups at luncheon that special kinds of meat will be chosen to make it with. Ordinarily, we have come to believe any directions that may be given to use a rabbit, a chicken, a piece of veal and a sample of all the rest of the butcher's stock do no good whatever and the domestic cook goes on serenely making a very passable soup with a broken marrowbone and a handful of rough cut or chopped vegetables, and thinks it no detriment if a little of the marrow fat still floats on the top. That is all right, only instead of one kind of soup always, we are going to make a good many. Where the best management prevails and the work goes on like machinery, one wheel within another, there is a regular time of day to set the stock boiler on, it may be in the evening to simmer till the last, and then the liquor strained off is set away till the next day, or it may be early in the morning. The boiler should be larger than the ordinary stove pots. Put into it a gallon of clear, cold water.

The meats to be cooked during the day are trimmed of all the tough and gristly ends, such as are sure to be thrown away if fried, broiled or roasted, and all the bones are taken from the meat that can be without detriment to the joint, and these scraps, after washing in clear water, are put into the boiler. Then, if there is a soup bone beside, or a chicken to be boiled, or a leg of mutton it will be so much the richer stock. Some days there will be reason to choose which kind of soup to make, according to the contents of the stock boiler, which is a more economical way to look at it than if the boiler was to be furnished to suit the soup. A cream soup, for example, may be made when the stock is thin, and when it is rich as jelly make beef gravy soup or mock turtle.

The available meat being in next, throw in a little vegetable seasoning, such as a small onion and piece of turnip and carrot. But these are not indispensable for the soup will be seasoned afterwards.

Let the boiler heat slowly and when at last it boils, skim carefully two or three times, put the lid on and let simmer 4 or 5 hours, when there will probably be 2 quarts of rich stock ready when strained, to be used in soup or to make gravies and sauces.

The strainer fine enough for ordinary use is made of perforated tin, or a pan with a perforated tin bottom. Strike the edge of the pan rapidly to make the soup go through.

MENU NO. IV.—DINNER.

19—Celery Cream Soup.

3 pints of soup stock.
1 pint of rich milk.
Outside stalks of celery, about 4.

1 small onion, minced.
Small piece of lean cooked ham.
1 tablespoonful of flour.
Butter size of an egg.
Salt and white pepper.

Boil the soup stock with the onion and scrap of ham in it for flavor. Cut up the celery—about enough to fill a large cup—in dice shapes, and boil it ten minutes in water; then strain the water away. Mix the butter and flour together, and stir them into the boiling stock to thicken it slightly, then strain it into another saucepan and put in the parboiled celery and the pint of milk. Season with pepper and salt to taste. Let it simmer ten minutes or more after the celery is in.

Mince a piece of green leaf of celery very fine, and sprinkle it from a knife point into the soup. This makes six or seven plates.

Butter and flour for thickening is the orthodox article (roux), but should the butter fail to arrive punctually at the time the flour can be mixed with a little water instead. The stock used should have been skimmed free from fat, if not the soup must be.

20—Boiled Salmon Steak.

Boil a pint of broth or water with a small piece of celery in it and half a handful of parsley, pepper and salt to season, and a gill of white wine. Cut the salmon steaks in suitable pieces, and put the fragments and bone in the boiling liquor. Place the salmon pieces in a shallow, bright saucepan, strain the seasoned broth over them and cook by brisk boiling, with a lid or plate on top, eight or ten minutes. Serve in a deep dish or tureen, with the remaining liquor instead of a sauce. To be eaten with bread and butter.

The merit of this dish is in the full preservation of the flavor and richness of the fish.

A tablespoonful of vinegar may be used instead of the wine.

21—Hollandaise Potatoes.

Generally served with fish on the same small plate. The name is derived from the sauce hollandaise.

The potatoes should be cut all into one neat shape before cooking. There are potato spoons or scoops sold that cut out marbles or boulettes, and the remainder of the potato does to steam and mash. Another way is to cut cores out of the potatoes with an apple corer, or even with a tin funnel, and cut these across in pieces like lozenges. Perhaps a large cupful of these will be enough. The remaining alternative is to cut the potatoes in large dice.

Set the potatoes on the range in cold water with a little salt in. Boil very gently about twenty minutes, taking care lest they break and boil away, then pour off the hot water and let them cool and dry a little, and when to be served pour over them a cupful of hollandaise sauce. Sprinkle a little pinch of chopped parsley over the top.

22—Hollandaise Sauce, English Way.

For fish, cauliflower, asparagus and any vegetables. It is golden yellow, shining and smooth, just thick enough to be taken up on the point of a knife, if for fish, but needs to be thinner for vegetable dressing.

½ cupful of broth, milk or water.
4 ounces of butter—a teacupful.
4 yolks of eggs.
1 lemon—juice only.
Peppercorns, nutmeg, salt.

Boil the broth with the peppercorns—about a dozen—in it and a scrap of broken nutmeg and level teaspoonful of salt. When flavored strain the broth into another saucepan or a tin cup. Put in two-thirds of the butter and the 4 yolks and beat it with a fork over the fire until it thickens like cream. Then take it off and beat in the rest of the butter in little bits, still beating until all is melted. Then squeeze in the lemon juice, or use vinegar for a substitute.

The sauce must never fairly boil, only just begin to. There is a moment, about a minute after the cup is set on the fire, that the sauce is at its thickest degree, like softened butter. After that a separation or curdling takes place, not very plain to the eye, but that makes the sauce thin and spoils it.

23—Roast Chicken—Oyster Dressing.

In order to know how long to cook a fowl it is necessary to know something about the age of it. We hold that skill in cookery should be skill to equalize provisions, and while the cook should know what things are best and when there should be but little preference for one over another from the cook's point of view, it is, given the kind of provisions, what is the best method to apply to make the best of it?

The best fowls for roasting are nearly a year old, nearly full grown and fat. When the age cannot be told from the appearance after dressing, try if the thumb can be pushed through the skin that stretches between the wing joint and pinion. The ease with which this can be broken is according to the tenderness of the fowl.

Singe it and pick over, draw and wash the fowl, cut the neck off short and tie the skin over it, and truss the fowl with the wings bent over backwards and legs held either by means of a skewer thrust through them and the body or with twine. Previously to which, however, the inside should be filled with stuffing.

It is a mistake to press in the stuffing too solid. One object of the stuffing is the absorption into

it of the gravy of the fowl. Epicures have adopted various expedients to save and secure these juices, such as placing slices of toast to catch the drippings of birds roasting on the spit, and baking puddings under meat to catch the gravy. Beside that the stuffiing, if not too solid to get hot and give out steam, imparts the flavor of its seasonings to the meat.

24—Oyster Stuffing for Chickens, Etc.

2 doz small oysters and their liquor.
1 cupful of white bread crumbs.
1 cupful of oyster crackers rolled small.
4 ounces of best butter—level teacupful.
1 egg. Salt and pepper mixed, 1 teaspoonful.

Melt the butter and pour it over the bread and cracker crumbs in a pan, and then strain the oyster liquor in, add the egg, pepper and salt. Stir up a little to mix but not make it pasty, and then mix in the oysters whole.

The above is sufficient for one large fowl or two small ones, or a small turkey or a goose.

The admixture of bread and cracker crumbs is not a matter of fancy, but affords a richer flavor than bread alone.

The fowl having been prepared, place it in a small pan with some salt strewn over the bottom, and put in the gizzard and heart or any other pieces of meat too small to cook alone and a cupful of drippings. Put in a cupful of hot water, lay a greased paper on top of the fowl, set it in the oven and cook about an hour. Then take off the paper and baste the fowl with a little softened butter, which will froth up on the surface and cause it to brown nicely. After the fowl has been taken out pour off all the grease, put water in the pan, boil and thicken, and strain it for gravy.

25—Asparagus on Toast.

Cut off an inch length of the bottom of the bunch of asparagus to make the stalks even and let it remain in a pan of cold water till near dinner time. To have this vegetable beautifully green it is necessary besides to put into the water it is boiled in a pinch of soda or of carbonate of ammonia, say about the weight of a pea; it does harm to have too much. Take the asparagus from the cold straight into the boiling water and let it cook from fifteen to thirty minutes, according to its thickness and the rate of boiling, and then draining the water, take the twine from the bunch and serve. There should be salt in the water it is boiled in.

Make a piece of thin toast for each individual dish. Place the white end of the asparagus on the toast and pour a tablespoonful of melted fresh butter on the green ends on the dish.

26—Sweetbreads Sautes—Milanaise.

3 calves' sweetbreads.
8 ounces of butter.
1 lemon.
½ can of French green peas.
Flour and seasoning.

First boil the sweetbreads, after washing them in water for an hour, if small, but twice as long if large, and then let them get quite cold, pressed between two dishes. When boiling them it is best to season the water with salt and a dash of vinegar.

Shave and trim the cold sweetbreads a little and split them into two flat halves. Pepper and salt them, roll well in flour, and a little before dinner time melt the half-pound of butter in a large frying-pan and fry the sweetbreads in it brown on both sides. The butter froths in the pan and over the sweetbreads, and they should, if it can be so managed, be sent to the table before it all subsides. Warm the French peas in a saucepan, place the sweetbreads on a dish and the peas around them and ornament with the lemon cut in quarters.

Sweetbreads are the white, fat looking pieces, glands, probably, found near the heart of the animal and smaller ones are found at the root of the tongue. While calves' sweetbreads are always to be chosen if choice is given, those of full grown animals are used as well.

27—Macaroni and Cheese—Bechamel.

5 ounces of macaroni.
2 ounces of cheese.
2 ounces of butter.
1½ pints of milk, or water.
2 eggs. Salt.
Parsley, and flour thickening.

Boil the macaroni by itself first, throwing it into water that is already boiling and salted. Let it cook only 20 minutes. Then drain it dry and put it into a pan or baking dish holding about three pints.

Chop the cheese, not very fine, and mix it with the macaroni, likewise the butter. Beat the two eggs and the pint of water or milk together, pour them on the macaroni and set in the oven to bake. While it is getting hot boil a cup of milk (the remaining half pint of the recipe), and thicken it with a rounded tablespoonful of flour mixed up with part of it in a cup, add salt and a tablespoonful of chopped parsley, and when the macaroni in the oven is set so that the two cannot mix, pour this white cream sauce on top of it, shut up the oven, and let it bake a yellow brown. This makes a very attractive dish, as the yellow cheese and custard boils up in spots among the white sauce and parsley.

28—Roman Punch.

1 pint of water.
10 ounces of sugar.
1 lemon, juice and rind.
1 orange, juice only.
2 whites of eggs.
Few spoonfuls of rum or chablis.

Dissolve the sugar in the water, hot; grate the rind of the lemon—the yellow part only—into a bowl, and squeeze in the juice and that of the orange and pour the hot syrup to them. Let stand awhile, then strain into a freezer. Freeze, and when nearly finished whip the two whites and stir them in and beat up well. Add the rum, or the mixture of rum and wine, or the wine substitute for rum, at last. Serve in glasses.

29—Mallard Duck—Apple Sauce.

The mallard is one of the best ducks to roast, being nearly always tender and easy to cook. Epicures say that wild ducks should never be washed, only wiped dry inside and out. That must be as people may please. The mallard, though well flavored, is not so delicate that washing in cold water could injure it seriously. Besides, we are going to add to it a little flavor of the dressing.

30—Bread Stuffing for Ducks and Geese.

1 quart of finely minced bread crumbs.
1 tablespoonful of minced onion.
1 level teaspoonful each of salt, pepper and sage.
1 egg.
½ cupful of warm water.
½ cupful of the fat from fried sausage, or of lard.

Mix the ingredients all together in a pan, not trying to make the dressing too moist, as it will absorb gravy while baking. The egg should be mixed with the water first.

Singe the duck, pick it over, draw, and wash it in cold water, dry it out, and then stuff it. Chop off the wings, except the main joints, which tie close to the sides with twine; also tie down the legs, and bake the duck in a hot oven from thirty to forty minutes. Baste frequently with fat from the pan. It spoils these ducks to put them in an oven that is nearly cold. All the gravy oozes out. Let them be made hot quickly at first, and slack down afterward.

31—Apple Sauce for Meats.

Pare good, ripe apples and slice them into a bright saucepan. Add water enough to come up level with the apples and stew with a lid on till done—about thirty minutes. While they are stewing throw in a little butter. Mash at last with the back of a spoon. No sugar.

32—Celery Salad.

Chop equal parts of outside stalks of celery—about four—and tender white cabbage together in a chopping bowl, and throw in a green leaf of celery that has been dipped in boiling water to give it all a green color. Mix with the minced celery in a dish a spoonful of vinegar, a little salt, a pinch of sugar, and two or three spoonfuls of the Hollandaise sauce (No. 22). It makes a rich buttery salad that can be piled on a dish or in individual plates.

33—Queen Fritters—Beignets Souffles.

½ pint of water—a coffee cupful.
2 ounces of butter, large—size of a duck's egg.
4 ounces of flour—large cupful.
5 eggs.

Set the water on to boil in a little saucepan and the butter (or lard will do) in it. Stir in the flour all at once and work the paste thus made with a spoon till smooth and well cooked. Take it from the fire and work in the eggs one at a time, beating in one well before adding another, and when all are in beat the mixture thoroughly against the side of the saucepan. Make some lard hot. It will take half a saucepanful. Drop pieces of the batter about as large as eggs and watch them swell and expand in the hot lard and become hollow and light. Only four or five at a time can be fried because they need lots of room.

34—Transparent Sauce for Fritters.

1 cupful of water.
4 ounces of sugar—½ cup.
1 rounded tablespoonful of corn starch.
½ a lemon. Bit of butter.

Boil the water. Mix the starch with the sugar dry and stir them in. Slice the lemon and throw it in, and a speck of butter. Let boil transparent. Pour a large spoonful over each fritter as they are dished up.

35—White Cocoanut Pie.

1 cupful of milk.
2 tablespoonfuls of sugar.
1 rounded tablespoonful of starch.
2 or 3 ounces of grated cocoanut.
3 or 4 whites of eggs.
Small piece of butter.
Pinch of salt.

Boil the milk alone. Mix the starch and sugar together dry and stir them in; then the butter and cocoanut. Set it away to get cold. Whip the whites (that were left from making Hollandaise) to a firm froth and mix them with the pie-mixture. Bake in thin crusts of puff paste. Makes two small pies.

36—Jelly Cake.

8 ounces of granulated sugar.
5 eggs.
4 ounces of butter, melted.
½ cup of milk.
12 ounces of flour.
1 teaspoonful of baking powder.

Beat the sugar and eggs together a minute or two, add the melted butter, the milk, the powder and the flour. Bake on jelly-cake pans as thin as it can be spread. Have three sheets and spread jelly between and powdered sugar on top.

37—Pear Salad—Dessert Dish.

5 large mellow pears.
4 tablespoonfuls of powdered sugar.
1 lemon—juice only.
4 tablespoonfuls of kirschenwasser.

Pare and core the pears and slice them into a glass bowl, squeeze the lemon juice over the slices and cover with the powdered sugar. Keep cold, and when to be served add the wineglassful of kirschenwasser and shake to mix. Serve in glass ice dishes.

38—Coffee Ice Cream.

1½ pints of cream.
½ pint of coffee.
12 ounces of sugar.

Make a cold infusion of coffee by steeping a cupful of coarsely ground Java or Mocha in one and a half cups of cold water and letting it remain over night in a bottle. Strain off the required amount through a napkin previously rinsed in hot water, and mix it with sweetened cream. This is the better way, but a fair article can be made with clear coffee from the breakfast urn. Freeze, and when frozen beat the cream light with a long wooden spoon.

To freeze a quart of cream need be no more than a trifling incident to any dinner, there being a suitable tub to break ice in always ready and a pail of coarse salt. Almost any deep tin vessel will do to freeze so small a quantity in, especially in winter, independently of the cog-wheeled and porcelain-lined arrangements for making ice-cream in large amounts, that present such a barrier of expense to the private ice-cream maker. Pound the ice very fine and mix some snow with it. If you have no freezer put the prepared cream in a 2-quart tin pail, set it in the tub or pail of pounded ice and snow, mix about a sixth as much salt in and add cold water till the ice-cream pail will go down into the freezing mixture. By turning the pail about with one hand and stirring the cream with a long wooden spoon in the other a quart of cream may be frozen in a few minutes. Three kinds and colors for a brick may be frozen with equal ease at the same time, the quantity of each being small.

"And what is the use of that?" say some quizzical people who are altogether too practical in their ideas; "does a lamb chop taste any better for being trimmed up so, or are the potatoes anything but potatoes because they are in fancy shapes?"

We have nothing to say to such people except that there is such a thing as art in cooking as there is art in dress, and it consists likewise partly in cutting and trimming and setting off and fixing up.

MENU NO. V—TEA

39—A Dish of Lamb Cutlets and Toast.

Ontly the "rack" or ribs can be used this way with good effect—a reason why the dish of cotelettes d'agneau is accounted choice above its merits. The necessary selection makes it dear. Take the rack and cut the chops at home; few butchers will trim them right. First cut and chop off all the backbone at once. Saw or chop off the ends of the ribs so that all the cutlets will be of one length—but little longer than the middle finger. Then cut through, having two rib bones in each chop; carefully cut out one bone, leaving the double allowance of meat to the other, and trim and scrape the end of that clean for about an inch. Then flatten the cutlets with the side of the cleaver, and finally trim off the ragged edges to neat and compact proportions.

And now, once for all, we have the lamb cutlets trimmed the way people like them and ready for cooking. The different accompaniments and sauces for them make the great number of "styles" in which they are served.

40—Plain Broiling.

The obstacles in the way of broiling meat are not really very great in any place where a stove is used. It might be useless to recommend any particular appliances, for the best contrivance of to-day may soon be superseded by a better invention. Our concern is to get a broiling fire, and the first requisite for that is to have a sack of small charcoal in the coal house. About half an hour before the meal take the ashes out of the ashpan and lay in a bed of charcoal. Place a few live coals on it, and cover with something —say an inverted pan—to cause a draft to the fire.

Neat and easy broiling requires it, and this is the way that is practiced in the places where it is made a constant business. Have always ready a little flat tin-bound brush, like a varnish brush, but a very cheap kind, in a tin cup with either nice drippings or melted butter in it. Lay the meat to be broiled on a plate and slightly brush

over both sides. Place them on a wire broiler or the gridiron and cook quickly without smoking or burning them. A little coarse salt sprinkled on the charcoal will put out flames and make the fire clear. Never stick a fork into broiling meat, at least not in the lean part that is full of gravy. A lamb chop or cutlet will cook in about the same time that an egg will boil soft.

For tea one such double chop is usually enough for each person, though it takes five to make a restaurant meal. Cut as many pear-shaped thin slices of bread as there are cutlets, toast and butter them and set them upon end alternately with the cutlets, one toast and one cutlet, on a large dish, and serve without sauce, except table sauces, and pickles.

41—Minced Potatoes.

Chop cold boiled potatoes small, and season with salt. Spread a spoonful of drippings or butter in a frying pan, and place the minced potatoes about an inch deep. Cook on top of the range like a cake, without stirring. Invert a bowl or plate over the potatoes, let them brown nicely and slowly, then turn over on to the plate, set in another plate and serve with the brown side up.

42—Shrimp Salad.

Shred one large head of lettuce as fine as possible with a sharp knife on a board. Pick two dozen large shrimps or rinse a can of shrimps in cold water; put them in a bowl with two tablespoonfuls of olive oil and the same of vinegar, and shake about to make them look shining and moist. Cover a flat dish with the shred lettuce. Pile the shrimps neatly in the middle, and spread over the top, or at least across it so as not to hide the shrimps, some mayonaise dressing. Shrimps that are so shaken up with oil will generally keep the shape if pressed a little in a deep dish, and can be turned out in form.

43—German Mayonaise.

We are not responsible for the name. That is the name the cooks know it by in distinction from French mayonaise. This has cold white sauce for a base instead of yolk of eggs. It is handiest to make when there is "drawn butter" or butter sauce, or cream sauce left over from a dinner dish. If from the beginning take:

44—Butter Sauce.

1 rounded tablespoonful of flour.
About the same of butter.
½ cupful of boiling water or broth.
Salt.

Warm the butter in a small, deep saucepan and mix the dry flour with it while on the fire. When hot and bubbling add the broth a little at time and a little salt and let boil up thick. If not perfectly smooth it must be strained. Let the sauce get cold.

Now we have a thick, white sauce, whether left over or made for the purpose. The salad dressing is made this way:

Drop half a raw egg into the cold sauce and stir around rapidly with a wooden spoon. Add a tablespoonful of salad oil and stir again, then a spoonful of vinegar, then the rest of the egg and more oil and vinegar and a teaspoonful of made mustard and a pinch of cayenne. It is light yellow, just thin enough to spread over the salad material and not thin enough to run. For a larger quantity more eggs, oil and vinegar can be stirred into the same beginning indefinitely.

45—French Rusks.

1 pound of light bread dough.
2 ounces of sugar.
2 ounces of butter.
Lemon or vanilla flavoring.
2 yolks of eggs.
Small half cup of milk.
Flour to make it soft dough.

These rusks are more of a simple but showy kind of warm cake than they are bread. Should only be attempted with the strongest yeast or the lightest dough, because to be really fine and not sticky they must be more than light —spongy, dry, and almost in strings of layers, like French loaves. In short, to make rusks good is a mark of skill in bread-making. They can be made much richer than this recipe—by skillful cooks.

If for afternoon tea take the dough at breakfast time and warm it and the butter, sugar and milk (or cream) together by setting in a pan in a warm corner. Then mix them together thoroughly and add the yolks and beat up thoroughly, and then the necessary flour to make dough of it. Knead on the table by pressing out and folding over. (See directions for French rolls, No. 5.) Set the dough in a warm place for 3 hours to rise. Then knead it the second time. Every time the dough is doubled over on itself the edges should be pressed together first. When good and finished it looks silky, and air will snap from the edges when pinched. After this second kneading the dough should stand an hour and then be made into shapes, buns, oblongs, twists, or split rolls notched at the edges with a knife. Rise in the pans an hour and a half longer, then bake in a slow oven about 20 minutes. When done brush over while hot with thick syrup of sugar and water flavored with vanilla.

The directions for so many workings of the dough may seem to make this a complicated process. In fact, however, each kneading takes

no longer to perform than it does to write about it. The reason for it is that the oftener dough is kneaded, in moderation, the more elastic and better it becomes. The more sugar there is in it, the slower the dough will be to rise, hence the richer sorts are the harder to make good.

46—Cranberry Sauce.

Throw a quart of cranberries into a pan of cold water and wash and pick them over. Put them in a bright saucepan. Spread eight ounces of sugar over them, pour in half a cupful of water and simmer at the side of the range with the lid on for about half an hour. Cranberries have the best color when cooked with the sugar in them, though the chemists find some objection through an alleged change in the sugar and loss of sweetness. There is nothing that burns on the bottom quicker than cranberries. They should not be set in a very hot place, and should never be stirred till taken from the fire. The syrup that can be poured from the cranberries before they are stirred up forms the brightest jelly when cold.

Allowing that almost anybody can make a plain soup, it is no less true that to make a clear consomme or broth requires skill. The plain bouillon or beef broth served on certain occasions in china cups will serve as an example of the way the clear consommes are made, this being specially of beef, while other kinds may be of veal, chicken, etc., and have various additions, both farinaceous and vegetable.

MENU NO. VI.—RECEPTION.

47—Bouillon.

2½ quarts of soup stock, or broth.
2 or 3 pounds of lean beef.
3 whites of eggs and clean shells.
1 teaspoonful of black pepper.
2 teaspoonfuls of salt.

Chop the beef, after cutting in small pieces, in a chopping bowl till it is like sausage meat. Add the salt and pepper, put it in a saucepan, pour in the broth, stir up and set it on to boil, but in a place where it will heat up slowly, and as it boils skim off the scum that will rise on top. It is like beef tea, and may be kept simmering an hour or two if the time allows. Then strain it through a colander first to get out the meat, and through a napkin which may cover the clean saucepan under the colander to clear the bouillon of gravy.

Set the bouillon away to get cold, in a pan of ice water, if necessary to hurry it, because when cold every crumb of grease can be taken off in an instant much better than by skimming while hot.

The remaining operation is to make it absolutely clear and bright.

Beat the whites of eggs and break up the shells into the cold bouillon and boil it again, stirring sometimes to make sure that the white of egg is well cooked and coagulated, and when it has boiled about thirty minutes strain it through a jelly bag or a napkin, two or three times. Keep hot till served.

Cooks who become expert through constant practice shorten the above thorough method by mixing the white of eggs with the raw beef and filtering the bouillon once for all straight from the beef into a bowl. This makes the beef useless for further soup stock purposes, however. In either case the bouillon should be allowed to become cold in order to free it from grease.

Perhaps the neat and symmetrical array of a dish of lamb cutlets trimmed up as we had them last week first set somebody wishing that chickens could be cut up the same way and led to imitations.

The croquette of minced chicken made in cutlet shape with a bone pushed into the mince, is only a sham, but real cutlets of partridge, grouse and chicken are made in this way.

48—Chicken Cutlets.

Take a chicken and cut off the two legs with all the meat that can be got by cutting close to the carcass, and also cut off the wings with all the breast meat attached. What we have to do is to get four pieces off each chicken that shall have a bone in each one to be scraped up like a cutlet bone, and plenty of meat at the end of it, the same as a lamb chop. The leg cutlets consist of drumstick and second joint; the others have the fillet or breast and the wing bone. Chop off the knobby ends. The bone of the second joint should be loosened from the meat, all the meat pushed to one side of it, and the bone pushed through a hole made in the edge of the meat—all to make it look like a lamb chop—and the ends of all the bones should be scraped clean for about an inch. When all are prepared parboil by dropping the cutlets in boiling water or broth well seasoned. They lose their shape if not so managed. When they have boiled five minutes lay them flat on dishes or pans, put other dishes on top and a heavy weight and let them get quite cold. After that trim and shape them neatly. Dip each cutlet in a little beaten egg and water; then in cracker meal, and fry in hot lard in a frying-pan, or in a smaller quantity of butter, much the same as the sweetbreads at No. 26.

49—Fried Parsley.

One of the most desirable adjuncts to dishes like fried cutlets when they are not served with a sauce.

Heat some lard in the potato frier, but not hot enough to smoke, for too much heat takes all the color out of parsley. Put the parsley in the wire basket and immerse it in the hot lard about one minute, when it should be crisp, but still green. Drain it on a sheet of paper and set for a minute in the open oven.

50—Potato Croquettes en Petites Boules.

The reason why the ordinary mashed potatoes will not do for croquettes is, the milk or water that is mixed with them when mashing, when hot makes the croquette melt away in the frying fat. Take

1 pound of pared potatoes.
1 ounce of butter.
1 yolk of egg.
Salt and pepper.
Flour to ball up with.

Use dry and mealy potatoes. Steam or boil well done, drain, mash and mix in the butter and yolk, and season to taste. No milk or other liquid to be added. Make up, with plenty of flour on the hands, into little balls not larger than walnuts. Make as much flour stick to the croquettes as possible. Put them into the wire basket or potato frier and fry them in hot lard.

There is probably no way of making that will prevent potato croquettes from breaking open in the grease if cooked long. Fry them quickly, and take out when they are of a deep yellow color. Drain on a sieve.

The chicken cutlets, the parsley and the potato croquettes having been prepared pile the croquettes in the middle of a large platter, place the cutlets in order around and decorate with the fried parsley.

51—Lobster Salad.

Take the meat of one large lobster and cut it as near as may be in large dice shapes, or at least to uniform size, and keep the reddest pieces in a dish separate. Chop two heads of celery. Parboil two or three green leaves of celery to make them a deeper green and chop them with the celery likewise to color the whole.

Spread a layer of the celery on a flat dish or platter, then the lobster on that with the red pieces around the edge, where they will show among the green, another layer of chopped celery on top, level over the top surface and pour and spread upon it some mayonaise dressing that is almost thin enough to run. The dressing should be sufficiently seasoned to season all the rest.

No single book could contain all the names and variations that are made by different persons combining a few well known compounds in different forms. In our hotel cook book the attempt has been made to familiarize the reader with the principal compounds, pastes, creams, etc., used, in order that he may at once understand the composition of any new article he may meet with, that seeming to be a much more thorough plan of teaching than a gathering of all the possible names into a bulky but uninteresting mass of repetitions. A similar course is being followed in this series, as may be shown in the instance following: The puff paste now to be made is the same that is used for a great number of forms of pies and fancy pastries; the pastry cream is the same that is used to fill cream puffs, to make lemon cream pies, to serve as sauce to fritters and to spread between layers of other kinds of cakes, and the glazing is but candy poured very thin, and often is substituted by other kinds of frosting, each change serving to give the article a new name at the fine bakery or in the French menu.

52—Napoleon Cake.

Two sheets of puff paste baked in shallow baking pans. Pastry cream spread between and sugar glaze over the top. Cut in squares and serve on plates.

53—Puff Paste.

1 pound of cold flour,
15 ounces of cold butter.
1 cupful of ice-water.

Get quite ready to make the paste before you begin, that it may be done quickly. It will not, perhaps, be light and good if allowed to stand long in a warm room. Leave out a handful of flour to dust with. Make a hollow in the middle of the rest in a pan, pour in the ice water and mix up gradually with the fingers. Turn the paste on the table, double and press a little to make it smooth. Roll it out to half an inch thickness, pound the butter with a potato masher to make it pliable, drop half of it in lumps all over the sheet of paste, sift a very little flour over, press down the lumps of butter, fold over in three and turn the broad side toward you. Roll out again, drop the rest of the butter as before, fold in three and count that one. Roll out evenly with plenty of flour to prevent sticking, fold over in three and count that two. Do the same four times more, making six folds (beside the first one not counted) and it is ready for use; but let it stand a while.

Roll out thin sheets, take them up by winding on the rolling-pin and spread on two baking pans. Bake in a hot oven eight or ten minutes.

54—Pastry Cream.

1 quart of milk.
8 ounces of sugar.
4 ounces of flour.
1 ounce of butter.
5 eggs.
Lemon extract to flavor.

Boil the milk with a little of the sugar in it to prevent burning. Mix the rest of the sugar and the flour together dry, dredge them into the boiling milk, beating all the while, and let cook five minutes Throw in the butter and beat the eggs a little and stir in. Put the lid on and let cook at the back of the range about ten minutes longer. Flavor when nearly cold.

55—Plain Sugar Glaze.

The simplest is a cupful of granulated sugar and a quarter-cupful of water boiled in a tin cup together to very strong syrup, almost candy. Stir it around about twelve times to partly whiten it, and pour it on top of the cake. It will set when cold, if boiled enough. Sugar dissolved in red fruit juice boiling on the fire makes glaze of the same kind colored.

Spread the pastry cream over one of the baked sheets of puff paste, place the other on top, and pour and spread the sugar glaze upon it. Cut when cold.

56—Macaroon Cake.

Commonly called macaroni cake. A sheet of cake with macaroon paste baked on top and fruit jelly in spots. For the cake take

1 pound of sugar.
8 ounces of butter.
6 eggs.
1 small cupful of milk.
1 teaspoonful of baking powder.
Flour to roll out—about 2 pounds.

Warm the butter and sugar and stir them together to a cream, add the eggs two at a time, then the milk, then the powder and most of the flour. Work the dough on the table by pressing out and folding it until it can be rolled out to a sheet. Roll it thin, as if for cookies, cut to the size of your baking pans, roll up the piece of dough on the rolling-pin and unroll it on the pan, previously well greased. Bake very light colored and not quite done, because it has to be cooked again.

57—Macaroon Paste.

12 ounces of grated cocoanut.
8 ounces of powdered sugar.
2 whites of eggs.
Little lemon extract.

Stir the above ingredients together in a bowl, the sugar and whites first and the cocoanut added

Place the paste, either with a teaspoon or with a tube and forcing-sack, in long cords across the sheets of cake, and then diagonally across to form diamond-shaped hollows. The cord of macaroon paste need be no thicker than a pencil. Then bake in a slack oven with the door open till top is brown. When cold drop spots of clear fruit jelly in the hollows between the ridges of macaroon paste.

58—Soda Water Jellies.

1 quart of water and a cupful over.
1½ ounces of gelatine.
8 ounces of sugar.
1 large or 2 small lemons.
1 teaspoonful of whole mixed spices.
2 whites of eggs and clean shells.

Cooper's sheet gelatine is only half the price of Cox's, and is every whit as good for jellies, and the better because it will not sink and burn.

Shave off the rind of one lemon very thin, use the juice of both, careful not to boil any lemon seeds with the rest, and mix these and all the other ingredients named with the cold water. Set on to boil in a place where it will heat slowly, giving the gelatine time to dissolve, and beat the mixture with a spoon occasionally.

One reason why people have trouble in making jelly of this sort is the difficulty of getting the white of egg in it thoroughly cooked, as it floats on top in the form of scum. If not cooked hard it runs through the strainer with the jelly and destroys its clearness with a milky appearance. Another thing is, the jelly does not run through a jelly bag easily unless there is lemon juice or other acid in it. Table jellies should be as clear as glass and as rich colored or they are failures.

When the jelly has boiled about half an hour pour it through a flannel jelly bag, made funnel-shaped and suspended by strings, and repeat the running through three or four times. When all has dripped through divide it in cups, flavor with extracts, color delicately with burnt sugar and prepared cochineal, then nearly fill slender wine-glasses with it and set them in a cold place for the jelly to harden.

Pour one glassful of jelly into a soup plate and beat it with a fork, beat the white of an egg the same way, mix them together and pile the frothed jelly on top of the glasses and let it likewise solidify in a cold place.

59—White Citron Cake.

14 ounces of granulated sugar.
12 ounces of butter.
12 ounces of white of eggs.
1 pound of flour.
1 small lemon.
½ teacupful of milk.
1 pound of candied citron.

Use uncolored dairy butter. Warm the sugar and butter slightly and stir them till white and creamy. Add the egg whites a little at a

time and after that the flour. Don't beat the white of the eggs before mixing, but beat the whole mixture thoroughly after the flour is in. Then mix in the grated rind of the lemon and the juice, and last of all the milk.

Cut the citron in fine shreds, mix in, and bake the cake in a mold lined with buttered paper. It is not one of the hardest cakes to bake, but should be done in an hour, less or more, according to thickness.

60—Frosting for Cakes.

1 pound of fine granulated sugar.
6 whites of eggs.
Juice of half a lemon.
Flavoring.

Have the ingredients and the bowl all cold and do the beating in a cold place. Put four of the whites into a deep bowl holding about a quart and all the sugar with them, and beat them together with a wooden paddle rapidly for about fifteen minutes. Then add one more white and beat till the frosting is again stiff and tenacious —about five minutes more. Then squeeze in a teaspoonful of lemon juice, which whitens and stiffens the icing, and add flavoring. At last put in the remaining white of egg and beat up only a little, as this last makes the frosting glossy and smooth and with a tendency to settle down evenly on the cake.

Trim the cake a little, cover the hole left by the mold in the middle with a patch of writing paper, and spread and smooth the frosting over the top and sides with a knife. Any icing left over may be baked on pans at a gentle heat, in egg-shaped kisses.

61—Orange Ice.

3 pints of water.
1 pound of sugar.
4, 5 or 6 oranges, according to size.
1 lemon, juice only, if the oranges are sweet.
4 whites of eggs.

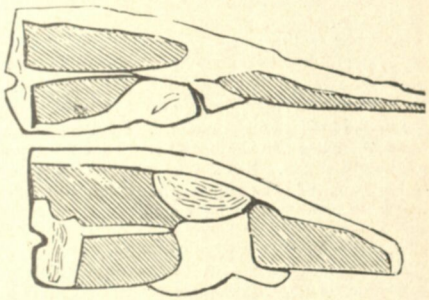
Make a thick syrup by boiling the sugar with very little water, pull two or three of the oranges apart, after peeling, by the natural divisions, and drop the pieces into the boiling syrup, carefully excluding the seeds, however.

Grate the yellow zest of the remaining oranges into a bowl and squeeze in the juice; then pour the syrup from the scalded slices into the bowl, and keep the slices on ice, to be mixed in at last.

Add the water and lemon juice to the syrup in the bowl; strain into a freezer and freeze. When nearly frozen whip the four whites firm; stir them in and beat up the ice till it looks like cream; cover down and pack with more ice and salt, and when the ice has become firm enough mix in the sugared orange slices gently, without breaking them. Serve in ice-cups, glasses or saucers.

MENU NO. VII—GENTLEMEN'S SUPPER.

62—Broiled Porter-house Steak.



The cuts show two porter-house steaks; the upper is the first that is cut, nearest to the ribs of beef, the lower is the last porter-house, and has a piece of the large hip bone. The steaks cut beyond that are the large sirloins. The small lower portions of lean on the left are slices of the tenderloin or fillet, of which every porter-house and also every sirloin steak carries a part. This tenderloin is thinnest near the ribs and thickest in the middle of the sirloin. To make satisfactory sizes of beefsteak of it, the fillet has to be cut entire out of the loin of beef, sliced two or three times the ordinary thickness, and then flattened and spread by beating with the side of the cleaver. This, it is to be understood, is for a stylish dish of tenderloin steaks, the slice of fillet of the common thickness, or less than an inch, being amply sufficient for each person for ordinary meals. The porter-house as shown in the cuts is, however, our present order, and is, taking it all together, more of a favorite than the tenderloin itself.

When cut very long and very fat the beefsteak may be shortened and trimmed a little, but it should not be beaten or flattened unless when required to be very well done. Brush over slightly with the butter brush to prevent sticking to the bars. Lay it on the gridiron over a clear fire (see No. 40), place a hot, well-polished brick on top and let the steak broil about three minutes. Then put away the brick, turn the steak over without sticking a fork into the lean and let it broil from three to six minutes longer, according to thickness, and briskness of the fire. When done draw it on to a hot dish without losing the natural gravy that will have collected on top, and dredge with mixed salt and pepper.

63—Fresh Mushrooms.

For an accompaniment to broiled meat the canned button mushrooms bear no comparison in richness with the large, wide-open, fresh mushrooms from the fields. At least fifty varie-

ties of mushrooms are eaten in European countries, and there are kinds that are poisonous. We know but one kind and take no risks on the others. The true mushroom is of a delicate pink or flesh color on the under side when it first opens, and darkens to chocolate color and then black, according to the time it continues growing.

When such can be obtained cut off most of the stem, peel the top of the mushroom, shake about in cold water to free it from grit or sand and fry (saute) enough of them together in a little butter in a frying pan to touch and cover the bottom while cooking. They shrink very much, but give out a gravy of the richest description, which should not be allowed to dry up in the pan. Season with pepper and salt. When the mushrooms are done—in three or four minutes—place them on top of the beefsteak and pour the gravy and butter over likewise.

Another way, most suitable when the mushrooms are to form a dish alone, is to place them top downwards on the wire broiler, dredge with salt and pepper, put a small piece of butter in each, broil and serve without turning over, as soon as the butter is melted.

64—Canned Mushrooms in Sauce.

About half a can with two beefsteaks. Drain the mushrooms from their liquor and fry (saute) them in a small frying pan with a little butter. Add pepper and salt. When they have acquired a slight color draw them to one side of the pan, put in a heaping teaspoonful of flour and rub it smooth in the hot butter, still keeping the pan over the fire, and when the flour has become slightly browned pour in the mushroom liquor gradually and a few spoonfuls of water. Shake in the mushrooms, let all boil up, squeeze in the juice of a quarter of a lemon and pour over the beefsteak in the dish.

65—Frizzed or Shoestring Potatoes.

Raw potatoes cut into shreds and fried.

The cook is not always to blame for the poor appearance of fried potatoes, there being a great difference in the quality of the potatoes raw. A watery, waxy potato never has the bright appearance and crisp floury taste when fried that a dry potato has, no matter how carefully the frying may be done. Pare your potatoes, slice them thin and cut in shreds anywhere in thickness from a shoestring to a pencil, only all alike, and the longer the better. Throw them into hot frying fat or lard and let fry three or four minutes.

The infallible rule to know when fried potatoes are done is this: When first thrown into the fat they sink, when done they rise and float. After that it is only a question of how much color when they should be taken out. Drain well in a strainer. Dredge fine salt over and a sprinkling of chopped parsley.

The porterhouse steak with mushrooms being ready on a large hot platter, place the frizzed potatoes around it on the same dish and serve.

66—Oyster Omelet—For Two or Three.

15 oysters.
4 eggs.
2 large basting spoonfuls of milk.
Seasonings.

Cook the oysters rare done in a little suacepan separately, with a spoonful of milk, scrap of butter, and thickening to make white sauce of the liquor.

Break the four eggs in a bowl, put in a spoonful of milk and beat with the wire egg whisk. Add a pinch of salt.

Shake a tablespoonful of melted lard about in the large omelet frying pan and before it gets very hot pour in the omelet and let it cook rather slowly.

Properly made omelets are not exactly rolled up, but there is a knack to be learned of shaping them in the pan by shaking while cooking into one side of it, the side farthest from you, while you keep the handle toward you raised higher. Loosen the edges with a knife when it is nearly cooked enough to shake.

When the omelet is nearly done in the center place the oysters with a spoon in the hollow middle and pull over the further edge to cover them in. Slide on to the dish, smooth side up. Garnish with parsley and lemon.

One reason of omelets and all fried eggs sticking to the frying pan is allowing the pan to get too hot. They seldom stick when poured into a pan that is only kept warm till wanted. The pans should be kept for no other purpose, and be rubbed smooth after using, if not bright.

67—Turkey Salad.

Take the remainder of a cooked turkey or half a boiled turkey, if cooked for the purpose, pick all the meat from the bones and remove the thick fat and skin, cut the meat into long shreds and then across, making the smallest possible dice shapes. Cut celery, if in season, the same way, about two-thirds as much celery as there is turkey, or if that is not in season use crisp lettuce or a mixture of lettuce and finely chopped white cabbage, and add celery salt or extract of celery vinegar. Mix meat and vegetables together, season slightly with pepper and salt. Pour in a little salad oil—say a quarter cupful, stir about and then stir in as much vinegar. Heap and smooth over the salad in a large platter—it will adhere and keep shape well—

then pour and spread over it a well-seasoned mayonaise.

68—Mayonaise Salad Dressing.

2 raw yolks of eggs.
½ teacupful of olive oil.
About half as much vinegar or lemon juice.
A level teaspoonful of salt.
Same of made mustard.
Pinch of cayenne.

Put the two raw yolks in a pint bowl, add two tablespoonfuls of oil, set the bowl in ice-water or otherwise make it cold, and beat with a Dover egg-beater about half a minute. Then add more oil and whip, and then throw in the salt, and on whipping again the mixture will at once thicken up, looking like softened butter. Then add a spoonful of vinegar, then oil and so on alternately till all is in. Add the mustard and cayenne for seasoning. The best mayonaise is made with lemon juice instead of part of the vinegar, and when it will not thicken as desired the lemon juice invariably corrects the trouble and gives the dressing the desired consistency. It should not be thin enough to run, but should coat over the pile of salad material it is spread upon.

The foregoing shows the improved and quickest method of making this important sauce or dressing; the egg-beater or the want of it need not, however, be an obstacle in the way, for simply stirring around in the bowl with a wooden spoon is the way most commonly practiced.

After spreading the mayonaise over the turkey salad, ornament with quarters of hard-boiled eggs or with chopped yolks and parsley, olives, cut lemons or shapes stamped out of cooked beets.

69—Welsh Rarebit—Canapes au Fromage.

4 ounces of cheese.
2 ounces of butter.
Quarter cupful of milk or ale.
2 yolks of eggs.
Little cayenne pepper and salt.
4 thin pieces of toast.

Chop the cheese small, throw it and the butter into a little saucepan and as they get warm mash them together. When softened add the yolks and ale and pinch of cayenne and salt. Stir till it is creamy, but do not let it boil, for that would spoil it. Place the slices of toast on a dish, pour the creamed cheese upon them and set inside the oven about two minutes. The ale only heightens the flavor, and some prefer to use milk.

The simplest form of Welsh rarebit is a slice of cheese placed on a slice of bread and baked in the oven. It depends upon the quality of the cheese a good deal whether it will prove satisfactory.

And an addition to canapes au fromage is sometimes made in the form of a nicely-poached egg on top of each canape, in the hot cheese.

70—Macaroon Tarts.

Commonly miscalled macaroni tarts. Patty pans lined with sweet paste, partly filled with almond macaroon mixture and baked.

71—Sweet Tart Paste.

8 ounces of flour—a pint.
3 ounces of butter—½ cupful.
1 tablespoonful of powdered sugar.
1 egg. Little salt.
Quarter cupful of water.

Rub the butter into the flour as in making short paste, add the egg, sugar and salt with the water, mix and knead it smooth. Roll out very thin, cut out pieces and line the patty pans.

72—Almond Macaroon Mixture.

8 ounces of granulated sugar.
4 whites of eggs.
8 ounces of almonds.
1 teaspoonful of lemon juice.

Put the sugar and two of the whites in a deep bowl together, and beat with a wooden paddle about fifteen minutes, then add another white and beat again, then the lemon juice and then the last white. Crush the almonds by rolling them with the rolling-pin on the table. They need not be blanched (freed from the skins) unless so preferred. When they are reduced to meal mix them with the contents of the bowl. This mixture, as well as cake icing, should always be started with bowl and ingredients all cold, for if warm they cannot be beaten to the requisite degree of firmness.

The patty pans or gem pans being already lined with the tart paste, half fill with the macaroon paste, smooth over and bake in a very slack oven. The baking is the most difficult part, for with too much heat the macaroon mixture melts away to candy. These tarts, when right, rise smooth and rounded in the crusts, and are partly hollow underneath.

73—Nesselrode Ice Cream.

Glace Nesselrode or iced pudding. A frozen custard made of pounded chestnuts, with fruit and flavorings:

1 pound of large chestnuts.
1 pint of rich boiled custard.
1 cup of sweet cream.
2 ounces of citron.

2 ounces of sultana raisins.
2 ounces of stewed pineapple.
½ cupful of maraschino.
1 teaspoonful of vanilla extract.
Pinch of salt in the chestnut pulp.

Slit the shells of the chestnuts, boil them half an hour, peel clean, and pound the nuts to a paste, and rub it through a fine sieve, moistening with cream. Then mix it with the boiled custard. Freeze this mixture, and when firm whip the cup of cream, and stir it in and freeze again. Then add the citron cut in shreds, the stewed or candied pineapple, likewise the raisins, maraschino, and vanilla extract. Beat up and freeze again, and either serve in ice cream plates out of the freezer, or pack the cream in a mold, and when well frozen send to table whole, turned out of the mold on to a folded napkin on a dish.

74—Pound Cake.

14 ounces of sugar.
12 ounces of butter.
10 eggs.
1 pound of flour.

Warm the butter and sugar and stir them together to a cream, add the eggs two at a time, beating well, then the flour by degrees. When all the flour is in it is finished. There should be no baking powder nor flavorings in pound cake.

75—Coffee.

In the city the right way they have of grinding coffee makes the retail grocery merchants greater correctors of the bad coffee makers than all the tirades that have ever been written. For coffee should be ground coarse, about like oatmeal, and then when boiled it clears itself naturally, but most people who grind at home reduce it to fine powder, making it difficult to clarify. The idea is, probably, that fine grinding insures the extraction of all the strength of the coffee, but the same is obtained when it is coarsely ground, for the berry is porous and the water penetrates it all.

The ease with which coarse ground coffee can be made clear by only allowing it to stand a while after a minute or two of boiling, acts very much against the adoption of any of the newly-contrived coffee pots. I knew of a gentlemen's club once whose members, above everything, were proud of the excellence of their coffee, and I found their cook making it in as simple a manner as the Turks did at the Centennial celebration. He boiled the coarsely ground coffee in a boiler of water, set it off the fire a few minutes, and then dipped it out of the top by cupfuls, without touching the sediment. That was not science in his case, but laziness, mere letting well enough alone, and he had to waste all the coffee at the bottom of the vessel. That only shows how easy it is to have coffee clear and of fine flavor.

One of the best arrangements is the urn with a muslin bag suspended inside, which holds the coffee grounds, the coffee being drawn off and poured into the sack repeatedly till all the strength is extracted. A coffee pot with the same inside contrivance is defective, because should there, after all, be a fine sediment at the bottom it will be disturbed every time the coffee pot is tilted.

The rule for good coffee is two ounces of coffee to a quart of water—making about five cups.

Old government Java is commonly considered the best kind; a mixture of Java and Rio the most serviceable. Rio coffee is the cheapest, strongest, and by many preferred to the other kinds.

French dripped coffee is never boiled, but boiling water is poured over the coarse ground coffee in a perforated vessel set in the top of the coffee-pot. Double the quantity of coffee is required to make it that way.

French dripped coffee has no eggs or other articles added to clear it, neither has Turkish coffee. They are not necessary. If let alone I use no eggs for such a purpose, but the custom to the contrary is prevalent, and it is not worth contending against.

Have the coffee fresh roasted and fresh ground, pour cold water to it in a bowl, just enough to wet it, put in the white of an egg and stir up, then pour it to hot water in the coffee-pot. When it has boiled a minute take it off and either pour the whole contents into the strainer in the urn or else put in half a cup of cold water and let it settle in the pot.

And once I went to a restaurant where the coffee in former times had been most excellent, but now it was detestable, being always like ink in color and of a vile cankerous taste. I advised throwing away the urn, which had been in use night and day, always with hot coffee in it, for over two years. It was a good-looking affair outside, but inside was tin-corroded and blackened. But to save it a course of scouring and intervals of dryness and new ways of making the coffee were instituted, but all to no purpose, and at last, from sheer necessity, the used-up urn was thrown away, and a new one, bright and shining, took its place, and once more there was delicious coffee. People who find coffee-making difficult, and think there must be a secret art in it that they have never found out, will perhaps do well to see that the inside of the much-used coffee-pot or urn has not become corroded and iron-rusted unawares. There are strong chemical properties in coffee that make it necessary to keep it, if kept at all, in earthenware, or something that is not metal.

MENU NO. VIII—BREAKFAST.

76—Stewed Chicken With Egg Dumplings.

It is a convenient custom that prevails of calling every fowl a chicken, although some of them could not be any tougher by any other name. Really young chickens are not very interesting, because they can be so easily broiled or fried; but on the same principle that an angler prizes most the kind of fish that it is the hardest to wrestle with when caught, we should accord the greatest consideration to the very mature fowl and measure our skill by our success in making her once more a tender chicken, if not a young or small one.

77—How to Cut Up a Fowl.

It saves a good deal of embarrassment to the person who must serve out the stewed chicken or pot-pie, if the fowl be divided in proper pieces before cooking, the object in cutting up being to make every piece presentable. For this reason the proper way is to chop it apart, neatly, and with clean cuts with a heavy knife, for if divided according to the joints some portions will be bare of meat and might as well have been kept out altogether.

First, split the fowl in halves lengthwise. This can be done by cutting down the middle of the back with a sharp kitchen knife, laying the fowl wide open and chopping through the breast bone inside. Lay a half on the board and sever the drumstick by chopping through the joint. Chop through the hip joint, or a little on the meaty side of it, and slantwise, taking at that cut the side bone and tail end, all sufficiently covered with meat, a little derived from the second joint, and then cut off the second joint by chopping straight across the fowl, making three pieces of equal weight of that quarter.

Cut off the two small joints of the wing. Chop off the main joint slantwise, so that it will have attached to it the piece of neck bone and a small portion of the breast. There will remain nearly the entire breast, which should be chopped straight across and make two pieces.

Cut up the other half of the fowl in the same way. It is just like skillful carving of a cooked fowl in results; a proper method of cutting up gives to each person at table a piece of meat of equally good appearance, and not to one all the meat and to the next a dark-looking piece of bone, already stripped.

The fowl having been cut up, wash the pieces in cold water with care to free them from any fragments of bone left by the chopping. Put the pieces into a saucepan, with cold water enough to cover them—about a quart—and boil with the lid on till tender.

A very young chicken may be done in 15 or 20 minutes. One a year old takes an hour or more. But some that are of mature years, if fat, are as good as any if only cooked long enough—probably three hours. The cook's concern is only to know how long before the meal to commence the cooking, in order to have it just right, for too much boiling is as bad as too little. (See No. 23.)

78—Stewing and Boiling Fowls.

Stewed chicken should be commenced in cold water, as above directed, the liquor becoming the richer for it; but when a fowl is boiled whole it is desirable to have it juicy, so that the gravy will run out of it when cut, and for that reason it should be dropped into water (or soup) that is already boiling, the heat of the water immediately cooking the outside prevents the juices oozing out, as would be the case if it were set on cold and gradually heated to the boiling point.

While the chicken is stewing throw in a tablespoonful of chopped onion, a piece of pickled pork as big as an egg, cut into shreds, about a level teaspoonful of salt, half as much black pepper and a cupful of milk. Mix two tablespoonfuls of flour with a little water and stir that in to thicken it. Then make the egg dumplings, cook them separately if you care to have the dish look attractive, dish up the chicken in a large platter, lay the dumplings across the top, pour in what gravy the dish will hold and set a bowlful on the table beside.

79—Egg Dumplings.

1 heaping cupful of flour.
2 yolks or 1 whole egg.
3 or 4 tablespoonfuls of water.
Little salt.

Have the flour in a bowl or small pan, make a hole in the middle and throw in the salt, mix the 2 yolks with about their bulk of water or a little more, pour into the flour and mix up to smooth yellow dough. Roll it out thin, cut in ribbons and drop them into the boiling liquor—either the chicken stew or a saucepan of salted water ready for the purpose. Keep the lid on and cook for about ten minutes.

80—Codfish Balls.

8 ounces of raw pared potatoes.
6 ounces of boneless salt codfish.
1 tablespoonful of butter, melted.
1 egg.
Pinch of black pepper.
Flour to ball up with.

Soak the codfish, if convenient, a little while before cooking. Boil it about half an hour.

Pick it over for bones, then pound it in a pan with the potato masher. Boil or steam the potatoes, and when done and well drained of water mash them with the fish, add the butter, pepper and egg, make up into balls either round or flattened, with plenty of flour on the hands, drop them into hot frying fat and fry of a nice brown color.

When the common large salt codfish is used chop it into pieces suitable to the saucepan, and, whether steeped in water first or not, always pour off the first water as soon as it boils and fill up with plenty of fresh. This takes away the rank taste. Good codfish balls cannot generally be made with the mashed potatoes left from dinner because of the moisture in them. The article properly made is rather dry and has a perceptible flavor of good black pepper.

81—Boston Brown Bread.

1 pint cupful of corn meal—large.
1 pint of boiling water.
½ coffeecupful of black molasses.
½ pint of cold water.
1 small teaspoonful of salt.
3 teaspoonfuls of baking powder.
1 heaping pint of Graham flour.
1 heaping pint of white flour.

Pour the boiling water into the corn meal in a pan to scald it, add the molasses, then the rest of the ingredients, the powder mixed in the flour. Beat up thoroughly. It makes a stiff batter or dough too soft to be handled. Put it into a tin or iron pail having a tight lid and steam it at least four hours. It may then be turned out of the pail and baked about fifteen minutes.

When the old-fashioned black molasses cannot be had, a little burnt sugar coloring ought to be added to make the bread of the proper color. A pail or two might well be provided, such as the bakers use to bake the bread in as well as steam it. They are made to hold about two quarts, in shape like a piece of stovepipe, but half an inch wider at the top than at the bottom. Russia iron is the material. Should the loaves become discolored in the pails, prevent it by lining the pails first with greased manilla paper.

Instead of the baking-powder in the brown-bread recipe, a pint of buttermilk can be used instead of that much water, and a teaspoonful of soda added.

82—Bread Batter Cakes.

4 pressed cupfuls of white bread crumbs.
1 cupful of flour.
2 cupfuls of buttermilk.
1 egg; little salt.
1 teaspoonful of soda.

Remove the dark crust from the bread before cutting up. Mince it small; pour the buttermil over it and let remain a while to soften; then mix in the flour and egg and soda.

If no buttermilk, use water and a teaspoonful of baking-powder; but bread-crumbs mixed up without scalding make a mixture light already, and the powder is of little consequence.

83—Crullers or Fried Cakes.

1 pound or quart of flour.
2 small teaspoonfuls of baking powder.
1 teacupful of milk.
Butter size of an egg.
3 tablespoonfuls of sugar.
2 eggs; little salt.

Mix the powder in the flour. Melt the butter in a tin cup and add the milk to it and the sugar, eggs and salt. Pour this fluid mixture into the middle of the flour, and mix up like biscuit. Knead the dough on the table a little by pressing out with the flat hands. Roll out, cut and fry the cakes right away. Almost any shape does for these. They take longer to get done than yeast doughnuts, and, therefore, should be rolled thin. Cut out rings, or long bands and twist them.

When making fried cakes be sure that the sugar is dissolved in the liquid the flour is mixed with, as otherwise they will be greasy when done. Buttermilk and a level teaspoonful of soda may be used instead of the milk and powder.

84—Clarifying Fat for Frying.

We have had in this menu two articles to be fried by immersion in hot fat. The codfish balls might be fried in the drippings from any kind of roast meat. They make the fat they are fried in unfit almost for any other use. Crullers ought to be fried in fresh lard, and they do not injure it much.

But it is necessary that the cook should understand how to prepare the fat that is saved in cooking to make it fit for these purposes. The fat that is skimmed from gravies or taken out of the roast meat pan, or off the soup all contains water and cannot be used to fry with until the water is expelled by boiling. And when the water is expelled, if there has been much of it, a sediment like gravy will be found sticking on the bottom, and the grease must be poured from that into a clean saucepan before good frying can be done with it. Much of the bad cooking of fish, and the difficulty found in frying breaded cutlets is attributable to the want of knowledge of this apparently trifling matter. Fat to have articles fried in it must be hotter than boiling water, so much hotter that it will hiss when water is dropped into it, but it cannot be until the soup or gravy is boiled out. So when breaded articles

or doughnuts are dropped in they simply stew in it, the breading comes off and they come out after a long time soaked full of grease and smoky, with the taste of the sediment on the bottom. Properly fried articles, when well drained, have no more grease about them than the crust of corn bread. When meat is roasted, if the pan is allowed to bake after the meat has been taken out until the gravy on the bottom is brown, then the fat poured off is already clarified and ready for use in frying.

MENU NO. IX.—LUNCHEON.

85—Articles En Caisse.

The first dish in this menu requires paper cases, which may, perhaps, be found made of the proper shape of rice paper, very ornamental, and of no great cost; but if not, they can be made of fine cap, like writing paper not ruled. The cases should be from three to four inches long, one to one and a half inches wide, or thereabout, and the sides only half an inch high. It is worth while to give the details here, because such cases, but of varying shapes, are needed also for game souffles and for biscuit glaces.

To get the right size in this case take a half sheet of ordinary commercial note paper and cut off one-third of its width and one-third of its length. Fold over the two sides of the remaining piece of paper to meet down the middle and fold over the two ends to the same width as the sides; cut the edges serrated all around and bend them outward for ornament; clip once at each corner and paste the case box-like, or, rather, tray-like, into the required shape.

86—Brook Trout in Cases.

Take the smallest trout, one for each case required, dip in boiling water a moment, and then pull off the skin, beginning at the gills. Chop off the head and tail, slit down the back with a penknife, and take out the bone and trail. Wipe clean, spread a little of the fish forcemeat (No. 87), to restore the plump appearance of the fish, double it in natural form again, and place it in a baking pan previously brushed over with softened butter; and so continue until the pan is filled with the required number. Mince a few mushrooms and sprinkle over the fish, and some parsley and a very little minced onion, pepper and salt. Pour in broth and sherry in equal proportions, enough to moisten the bottom of the pan, set the pan in the oven, and bake about fifteen minutes, basting with the liquor from a corner of the pan once or twice.

Brush the paper cases inside with a touch of the clear part of melted butter, spread a very thin layer of fish forcemeat on the bottom of each one by means of two spoons, and bake them in the oven with the door partly open for about ten minutes. Take up the trout with a broad knife and place each in its case. Pour a little more sherry and twice as much brown gravy into the fish pan, boil up, thicken slightly if necessary, strain, and pour a spoonful over each fish.

87—Fish Forcemeat.

8 or 10 ounces of whitefish, raw.
6 ounces of fine bread crumbs.
4 ounces of butter.
3 yolks of eggs.
3 tablespoonfuls of milk.
1 tablespoonful of chopped parsley.
Lemon juice, nutmeg, pepper, salt.

See that the fish is free from bones, take off the skin, cut up and pound the fish to a paste. Throw in the other ingredients and pound them all together till well mixed and smooth. Use the nutmeg very sparingly. Should any of this forcemeat be left over from its first purpose it can be made over into fish croquettes.

Brown bread and butter is served with fish in cases, not the partly-sweetened Boston brown, but brown home-made graham bread.

88—English Home-Made Bread.

3 pounds of sifted graham flour.
1 quart of warm water.
½ ounce of compressed yeast.
1 teaspoonful of salt.

By sifted graham is meant flour with the coarsest bran taken out. Commence 7 or 8 hours before time to bake. Dissolve the yeast in the water and mix up half the flour with it, that is "setting sponge." Place the pan in a warm corner, to remain 4 hours. Then throw in the salt, mix up to stiff dough, scrape out the pan and knead smooth. Brush over the pan with the least possible amount of melted lard, or lard and hot water, to prevent sticking, put in the lump of dough and brush it over, and let rise 2 hours more. Then knead, make into loaves, rise again and bake.

Where potato yeast is used instead of compressed, take about one-fourth as much yeast as water.

89—Boned Ducks With Jelly.

Take two plump tame ducks that have not been drawn, singe, and pick out the pinfeathers, cut the skin down the whole length of the back from end to end, and with the point of a sharp knife cut the meat and skin from the bones of the carcass without cutting through. When the middle of the back has been laid bare and the hip joints

and wing joints are reached, chop through them with the heavy end of a carving knife, and keep on with the boning knife close to the breast bone till all the meat of the duck is taken off in one piece. Then bone part way down the legs and wings, chop off the rest and tuck the meat into the carcass. Wash in cold water and dry with a cloth. Lay the ducks, skin downwards, on the table and take scraps of the meat from the thick parts and lay over the thin, that it may cut all alike when cooked.

Next dredge with a little pepper and salt, and spread the galantine forcemeat of the next recipe evenly over them. Pull up the two sides together in the natural shape of the ducks before the bones were taken out. Sew them up with coarse thread or twine, roll them up in separate, clean muslin pudding cloths, pin and tie the ends and boil about 1½ or 2 hours.

When they are done place them in a pan or bowl of some sort that will give them a good shape, set another pan on top and a heavy weight on that and leave them to get cold in the cloths.

When they are to be used take off the wrappings, wipe the ducks with a cloth dipped in hot water, trim off ragged edges, then brush them over with a brush dipped in melted butter, which, setting on the cold meat, gives it a smooth and fat appearance.

The boned ducks may be ornamented and set on the table whole, but are very suitable to be sliced and placed on a dish, the forcemeat being quite ornamental, with a mottled appearance, and jelly can be used to decorate with besides.

90—Galantine Stuffing for Ducks, etc.

2 ducks or fowls boiled tender.
12 ounces of white bread crumbs.
1 small onion.
2 hard boiled eggs.
3 raw eggs.
½ cupful of melted poultry fat.
1 cupful of meat jelly.
4 teaspoonfuls of aromatic salt, or pepper, salt and sage.

Strip the meat from the boiled chickens or ducks when cold—there should be 1½ pounds of it—cut it in very small dice as if for salad, likewise the boiled eggs and onion and bread crumbs. Mix all, moisten with the raw eggs and poultry fat or butter, chop the meat jelly and strew it over the forcemeat after it is spread in the boned ducks. It remains in them and sets in the forcemeat. It is not essential, however.

Directions for making aspic jelly for cold meat dishes we will give further on when we come to boned turkeys.

91—Orange Transparent Tarts.

4 ounces of sugar.
4 ounces of best fresh butter.
5 eggs.
1 large orange.

Grate the rind of the orange—only the thin yellow part—into a deep saucepan, using a tin grater, and scraping off with a fork what adheres. Throw in the sugar squeeze in the juice, add the butter and the eggs slightly beaten. Stir the mixture over the fire till it becomes thick and ropy, like melted cheese. Then take it from the fire and beat it a minute with the wire egg-beater. The cooking of this mixture in the saucepan causes it to remain light and thick and rounded in the tarts, instead of waxy, as it otherwise would do.

Make the sweet tart paste, No. 71, and line patty pans or gem pans with it, half fill with orange mixture and bake on the bottom of a very slack oven. Sometimes it is necessary to have a pan on the shelf above to ward off the heat. The quantity of the recipe should make ten or twelve tarts, depending, of course, upon their size. Powdered sugar may be dredged over when cold.

MENU NO. X—DINNER.

There are some immense steam stock boilers in use in the large establishments of this city—in the Tremont House and Kinsley's—that would surprise some people, showing what importance is attached to the making of good soup. Two eighty-gallon boilers bubble and steam at once, reducing meat to the state of jelly, extracting the essence of poultry and game, all these large amounts to be dipped up at last by spoonfuls at the table. But these boilers have to fill a great many mouths, and if we examine it will appear that the eighty-gallon space is two-thirds taken up with the bones and frames of fowls and shanks of veal, and there will only be a small barrel or two of soup after all when it is drawn off at the stock-boiler faucets.

92—Scotch Barley Soup.

3 or 4 pints of soup stock.
2 tablespoonfuls of pearl barley.
Turnip, carrot, onion, parsley.
A piece of boiled meat.
Salt and pepper.

When there is choice of meat this soup should be made with mutton; or, a piece of cold mutton may be cut up in it, the stock having been made of any other kind.

Wash the barley in two waters and boil it in plenty of water for about two hours, then strain away the blue looking liquor from it, rinse in

cold water, and have the barley ready to put in the soup at last.

Cut two slices of turnip and half as much carrot and onion in small dice, all of a size, and boil them in the soup until tender—about three-quarters of an hour. Cut the meat—about as much as there was of turnips, and all lean—the same way and throw in, and the cooked barley and chopped parsley. Season slightly. No thickening. This is a cheap soup, of good appearance in the plates, and is a favorite with most people.

If any one doubts that a soup can be of noticeably good appearance, even ornamental, they are reminded how often the novelists describe magnificent entertainments where many-colored soups are served in porcelain cups—soups white with cream, green with pounded peas or spinach, red with lobster coral, amber, clear, and so forth, and with all sorts of colored additions of egg-balls and pastes in them, and will see that it is worth while to select colored vegetables and cut them in neat shapes, even for the simple Scotch broth.

93—Baked Mackinaw Trout.

Chop off the head, tail and fins of the trout and scrape it. The scales are few and small, but the outward fishiness of the skin needs scraping off, nevertheless. Push the point of a knife down and sever the bone at the places where the portions are to be taken off after cooking, so that the fish will not have to be torn to pieces. Cleanse and wash it.

Spread drippings, or the fat taken off the top of the soup boiler, in a narrow baking pan, strew in a little salt and add a few shreds of onion, turnip and carrot, half a cupful of broth and a spoonful or two of vinegar (or half a lemon cut up), and set the fish in it to bake about half an hour. The style of cooking is known as Genevoise and the object is to get the fish coated and glazed over with its own gravy, that mixes with the contents of the pan, and that means frequent basting until there is no liquor left in to baste with. Take up the fish, pour a little sherry wine and water into the pan, let it boil a minute, then thicken slightly and strain the gravy and pour it under the fish.

94—Mashed Potatoes

Are generally served, a little on the same plate, with baked fish. Being such a common and easy article it is often the most neglected and goes to table dark and full of lumps, when it ought to be as smooth as if pressed through a sieve. Butter and milk to mash with are good additions in their way, but vigorous pounding of the potatoes with a little salt and hot water or perhaps the clear fat from the top of the soup will make very fine mashed potatoes when neither of those luxuries can be afforded. The longer the mashing is continued, provided the potato is kept hot at the same time, the whiter it becomes. It is an improvement, to serve with fish, to bake the mashed potato in a pie pan, brushing the top over with milk to cause it to brown easily.

95—Boiled Mutton.

Where selection can be made the leg of mutton is always the piece that is boiled. This, with caper sauce, is one of the peculiarly English dinner dishes, and it is a continual source of dissatisfaction with English tourists that American boiled mutton is always well done while they expect it to be as underdone as our rare roast beef. For well-done boiled mutton a shoulder, or even a coarser piece, does nearly as well. Take the bone out of a shoulder of mutton by cutting close with the point of a knife until the meat comes off all in one piece. Roll it up, tie round with thread, wash in cold water, then drop it in the boiling soup stock and let boil an hour.

96—Caper Sauce.

1 tablespoonful of flour.
Same weight of butter.
½ cupful of boiling water.
1 tablespoonful of capers and vinegar.

Melt the butter in a tin cup over the fire and stir the flour into it, and when it bubbles up add the water a little at a time. To have it very nice a teaspoonful of cold butter should be beaten in after the sauce is removed from the fire. After that mix in the caper vinegar and a pinch of salt. Pour a spoonful of sauce over the slice of meat and shake some capers over with a teaspoon. Pickles are often used instead of capers, chopped to the same size.

97—Kentucky Corn Pudding.

A vegetable side dish, not sweet.
1 pint of grated green corn—or ½ can.
Butter size of an egg.
½ teaspoonful of salt.
Little white pepper.
3 yolks of eggs.
1 cupful of milk

If canned corn is used, mash it a little; warm the butter and stir in, and the eggs mixed with the milk. Bake in a pan same as a custard, only till the pudding is just fairly set in the middle. Serve instead of other vegetables. It is a country treat.

98—Radish Greens.

Pick over the radish leaves, cut off the thickest stems, and let lie in cold water. Have a pot of water ready boiling, throw in soda the size of a bean and then put in the greens. Boil half an

hour. They will retain their green color. Drain well, season and chop them short in the pan.

99—Boiled Suet Pudding.

½ pound of flour—a pint.
3 ounces of chopped suet—1 cup.
4 ounces of sugar—½ cup.
4 ounces of currants or raisins.
½ cupful of milk.
1 egg.
Pinch of soda. Salt.

Rub the suet into the flour first. Stir up thoroughly with all the other ingredients. Tie up in a floured pudding cloth, drop into boiling water and let boil four hours.

100—White Sauce for Puddings.

1 level cupful of powdered sugar.
½ cupful of butter.
3 whites of eggs.
2 tablespoonfuls of brandy or flavoring.

Take half the sugar and stir it up with the softened butter to a cream, as if making cake. Have the whites (that were left over from making corn pudding) quite cold, that they may whip easily; whip to a firm froth and stir in the remaining sugar. Mix this and the butter mixture together lightly, without beating; add the brandy and keep the sauce on ice till wanted. It should be made late.

101—Lemon Pie.

4 ounces of sugar—½ cupful.
1 large lemon.
½ pint of water—1 cupful.
1 rounded tablespoonful of corn starch.
3 yolks, or 1 or 2 eggs.

Put the sugar in a saucepan, grate into it the yellow rind and squeeze in the juice of the lemon without the bitter seeds. Add the water and set over the fire. Mix the starch with a spoonful of water and add it as soon as the lemon syrup begins to boil. Take off immediately and add the eggs, which are not to be cooked in it, but in the pies. This makes 1 or 2 pies, according to size.

102—Plain Pie Paste.

2 rounded cupfuls of flour.
½ cupful of butter, or lard, drippings, or minced suet.
½ cupful of cold water.
Little salt.

Keep out a dusting of flour. Rub the shortening into the other, dry. Pour the water in the middle, and mix up soft. Pat it out smooth on the table, roll out once and fold over, and it is ready for use.

103—Meringue for Lemon Pies.

3 whites of eggs.
2 tablespoonfuls of granulated sugar.
Flavoring.

Whip the whites with a wire egg whisk. They must be cold, to whip up easily. Stir in the sugar and few drops of flavoring. Use immediately.

Meringue or frosting falls flat and worthless on lemon pies and other articles generally through too much baking. When the pies are nearly done spread the meringue upon them in the oven as they are by means of a long spoon. The hot surface cooks the frosting at bottom at once, and prevents its melting away. Let remain with the oven door open till the top is straw-colored.

104—Corn Starch Blanc-Mange.

1 pint of milk—2 large cups.
3 ounces of sugar—3 tablespoonfuls.
1½ ounces of starch—2 tablespoonfuls.
Butter size of a cherry.
Flavoring extract.
Pinch of salt.

Boil the milk with the sugar in it. Mix the starch in a cup with a little cold milk extra, stir into the boiling milk and let it cook a minute or two. Take from the fire, beat in the butter to whiten it; salt and flavor, and put immediately into cups or other moulds previously wetted with cold water.

Turn out when cold and serve with sweetened cream or diluted fruit jelly. A small peach leaf boiled in the milk gives a good flavor, or a piece of stick cinnamon, or orange peel—the thin-shaved yellow zest only. These, of course, are in place of the extracts.

105—Scotch Seed Cake.

Takes 5 hours' time to make, raise and bake, using dough to begin with.

1 pound of light bread dough.
6 ounces of sugar.
6 ounces of butter.
2 eggs.
1 small teaspoonful of carraway seeds.
4 ounces of flour.

Weigh out the dough at 7 or 8 in the morning, set it with the butter and sugar in the same pan in a warm place. At about 9 work all together and beat in the eggs, and add the seeds. Give it another half hour to become smooth, then add the flour and give the whole 5 minutes' beating. It makes a stiff batter—not dough. Let it rise in the pan about two hours; then beat again. Put it in a buttered cake mould. Rise about an hour. Bake as you would bread.

106—Corned Beef Brine.

6 gallons of water—nearly 3 pailfuls.
3 to 6 ounces of saltpeter, in large crystals.
1 pint of molasses or sugar.
10 pounds of coarse salt.

Boil the above all together and skim while it is boiling. Pour it into two stone jars or a keg or barrel. The jars are best in places where

there are pieces of beef unsuitable for roasting, to be rolled up and tied in shape and dropped in every day, one jar to receive the fresh additions and the other to use out of that which is sufficiently corned.

For this use the larger quantity of saltpeter is needed. Beef dropped in this pickle will be ready for use in a week.

But when a quarter of beef is to be cut up and put down in brine to remain in it a very long time, 3 or 4 ounces of saltpeter is sufficient. For the saltpeter makes the red color,, and we do not want the sliced corned beef on our New England boiled dinner to look as red as the beets. The barrel should be kept in a cool, dry cellar. Put a board on top of the meat and a rock upon that. Keep covered.

107—Potato Yeast.

6 or 8 potatoes.
1 handful of hops.
1 pint cupful of flour.
1 tablespoonful of sugar.
2 dry yeast cakes to start it, or a cupful of yeast from the baker's.

Pare the potatoes and boil them in plenty of water, and tie the hops in a piece of mosquito bar and boil with them. Have the flour in a pan, pour the boiling potatoes and water to it and mash all together. Let it cool, or add cold water or ice. When no more than milk-warm strain through a sieve, mix in the sugar and the yeast cakes or yeast, and let it stand in a warm corner in a jar to ferment for twenty-four hours.

Yeast of this sort will not turn sour so soon if the flour is well scalded as above directed. Sugar makes it stronger than it would be without. This having been started with dry yeast cakes will do to start the next making without using yeast cakes again. Salt is not needed in yeast, but it seems to do no harm. The very strongest, sweetest and best yeast can only be made by starting the fermentation in it with bakers' stock yeast, which sometimes can be obtained of them. We will return to this matter at another time. Yeast will keep good in cold weather two or three weeks if free from sourness at the start.

108—Dry Yeast Cakes.

Take a quart of potato yeast, add a spoonful of sugar to it and stir in a quart of flour. When it has well risen in the pan add a quart of meal, or what will make dough of it all; press out, roll, cut out like biscuits and dry as quickly as possible. Hop yeast cakes are the same thing made with stock yeast instead of potato.

109—Cream Cheese.

Take a quart of cream that has become sour and thick, mix in a tablespoonful of salt and pour into it a piece of thin muslin (butter wrapping) placed in a sieve or basket bottom. Leave it in the milk house or other cool place three days, to drain and ripen, pouring away the whey from the dish it stands on every day. Lift the cheese out by taking hold of the corners of the cloth; invert it on to a plate. These are sometimes inverted on to a large cabbage leaf on the second day and taken to market on the leaf the next day by those who make them for sale.

110—Sour Milk Cheese.

Set a pan of clabbered milk on the stove when there is not much fire, and let it heat slowly without burning on the bottom. When it shows signs of boiling it should be taken off, as actual boiling makes the curd tough. Pour it into a piece of muslin, tie and hang on a nail to drip till next day. Chop up the ball of curd and mix with salt, pepper and cream to taste, or cream or sweet milk and sugar.

111—Pickled Nasturtium Seeds.

Substitute for capers and good in a jar of mixed pickles.

Gather the green seed-pods daily and throw them into brine to keep till there is enough. Wash in fresh water; fill pickle bottles with them; pour in boiling vinegar enough to cover them; cork when cold, and seal with wax. They improve with keeping. Any fence-corner does for nasturtium flowers and seeds.

112—Pickled Radish Pods.

Pick off the green seed-pods of radishes while they are tender and throw them into a jar of salt and water. When you have enough drain the salt and water from them, boil it and pour it hot upon the pods; cover down, let remain till cold, then boil and pour it over the pods again, and after that twice more; then drain them dry and put them back in the jar.

Boil enough good vinegar to cover the pods with a small piece of race ginger and some pepper-corns in it; pour it hot over the pods and let stand till cold. Boil and repeat twice more. Tie down when cold and keep in a cool place.

113—Pickled Sweet Corn Ears.

Take the "nubbins" of early corn where there are too many forming on the stalk, while very small and tender. Trim neatly, and boil them 5 minutes in water slightly salted. Drain and put them in a jar. Boil good white vinegar enough to cover and pour it boiling hot over the corn and let it remain so until next day. Then boil the vinegar again, adding a little salt; fill up the jar with it when partially cold. Cork the jar and seal it.

114—Pickled Celery Roots.

Save the solid white roots of celery, that are usually thrown away, trim and cut them in thick

slices. Boil them in salted water about ten minutes, drain, and put them into a jar.

Boil vinegar enough to cover them, with a tablespoonful of whole pepper-corns in it and pour it to the celery. After standiug a day drain off the vinegar, mix mustard with it and cayenne, and pour it back into the jar.

This has some resemblance to chow-chow, and other kinds of pickles can be added. Cork down and seal the jar.

115—Pickled Carrots.

Take small carrots, such as first come to market in bunches in summer. Scald them and rub and wash off the skin. Parboil them in salted water, drain, and put them in a jar. Boil vinegar enough to cover them, pour it in and let remain so twenty-four hours. Then drain off the vinegar and boil it again. Put one bay leaf and three or four cloves in with the carrots, add a little salt to the boiling vinegar and pour it to the carrots again. Cork down the jar when nearly cold and seal it.

These pickled young carrots are as good as pickled beets, care being taken not to get them cooked soft when parboiling them, and they add another color and ornament to the salad dishes and supper table.

116—Pickled Beets.

They are so called when only sliced cooked beets put into vinegar as wanted. The French, however, cut them in fancy shapes and add flavorings to the vinegar.

Having cooked the beets a longer or shorter time, according to the size and kind, cut them into pieces of even size. Boil vinegar enough to cover them in the jar, with a blade of mace, a piece of ginger and a piece of horseradish; pour it boiling hot to the sliced beets, and cork down when cold. If to be kept long, boil the vinegar again in a week, pour it to the beets, cork when cold, and seal. The bottles or glass jars should be heated gradually by setting them in a pan of very warm water to prevent breaking.

It is customary to say when giving directions for making pickles, because so many have said it, that nothing but the best cider vinegar should be used. In spite of that, however, the great firms that put up goods for the trade find that the keeping quality is very uncertain of pickles put up in that kind of vinegar, and they use a colorless vinegar that is made by distillation and other processes from corn and barley, the same as alcohol is. As it leaves the apparatus where it is made this vinegar is strong enough to dissolve many substances, and it has to be reduced considerably. As all true vinegar is the result of alcoholic fermentation, which changes to acetic fermentation, the probabilities are that this highwine vinegar is as wholesome as vinegar of any other sort. There is, however, a spurious vinegar, which is no better than a slow poison, which is cheaply made and sold cheap, being nothing but a mixture of sulphuric acid with water. Such "vinegar" will "eat up" the pickles made with it.

Cider vinegar is the best, with the allowance made for its uncertainty mentioned above. Any kind of wine will change to vinegar in the course of time if left with the bung out of the barrel so that the air can reach it.

A cheap vinegar is made at the factories by letting fermented liquor, such as sugar and water, trickle slowly through a cage of wood shavings two or three stories high. The exposure to the atmosphere changes the vinous fermentation to acetic quickly. By the following method the change requires about six months before strong vinegar is made. The vinegar thus produced is good for most household purposes.

117—Home-Made Vinegar.

14 pounds of the coarsest brown sugar.
10 gallons of water.
1 cupful of brewers' yeast or bakers' stock.

Boil the sugar with three pailfuls of the water and skim while boiling. Take it off the fire and pour in a pailful of cold water. Strain it into a ten-gallon keg and put in some small pieces of toast spread with the yeast, or a hop yeast cake will do. Stir every day for a week, then tack a piece of gauze over the bunghole, set the keg where the sun will shine on it, and let it remain six months, by which time, if made in the spring of the year, it will be good vinegar. It shortens the time of standing if a vinegar plant or "mother" from a former keg of vinegar can be had to put in it.

Bay leaf for flavoring is among soups and meats what vanilla is among sweets. Skillfully used it gives that flavor of French cookery that is recognized as something different from the ordinary home-made article, even by those who cannot tell wherein the difference consists. Of course there are many others, just as there are other flavors for ice cream besides vanilla; we speak of its relative importance to advise a particular discretion in its use. One large bay leaf will flavor two gallons of soup, and only a small piece is wanted in soup for a family dinner.

118—Consomme Royal.

We have no word in English for consomme but broth, and that is not an equivalent, but only a substitute. French cooks understand by consomme a clear soup as rich as melted jelly. Consomme royal is of the color of brandy, with little egg custards floating in it.

Simmer a large fowl and two or more shanks of veal in a gallon of water for three or four hours, and while it is cooking add the vegetables and seasonings. These should be the usual

soup bunch (without parsnips or green onion tops, however), together with a stalk of celery, half a bay leaf, a teaspoonful of bruised peppercorns and a sprig of green thyme or marjoram.

When it has boiled long enough strain the broth into a saucepan.

Chop a pound of lean beef fine, mix with it two whites of eggs and a cup of cold water. Then pour the broth to the beef, stir up and boil again. Strain through a napkin or jelly bag, season with salt, color with a teaspoonful of dissolved burnt sugar and remove every particle of grease.

To make the floating custards take three or four yolks of eggs, raw, and mix with them a spoonful of the consomme. Pour into a slightly buttered saucer and steam it until done—10 minutes. Cut the custard in diamond shapes and drop three or four in each soup plate.

Where it is not necessary to be extremely particular good clear soup can be obtained by letting the soup-stock get cold in a jar and after taking off the fat, pouring it off without disturbing the sediment. Strain through a napkin, make hot and add the spoonful of coloring, and salt as before.

119—Sliced Tomatoes.

Should have pieces of ice scattered on top in the dishes. Salad dressing and oil should be ready on the table.

120—Broiled Shad—Maitre d'Hotel.

It looks best if placed on the dish in one piece, split open down the back. It may be necessary in most places, however, to divide it before cooking.

Scale the fish; cut off the fins, head and tail; split it down the back and take out the backbone. Wash, and dry it on a cloth. Brush over slightly with butter or bacon fat, and broil it in the wire toaster. It will take about ten minutes, or fifteen if a large one. It should be moistened with a touch of the butter brush while cooking, to prevent blistering and sticking to the wires. Sprinkle with salt. Dish on a hot platter, or individually in pieces on small fish-plates, with a slice of cold maitre d'hotel butter on the top of each and a spoonful of French fried potatoes.

121—Maitre d'Hotel Butter or Cold Sauce.

4 ounces of fresh butter.
1 lemon—juice only.
1 tablespoonful of chopped parsley.
A pinch of cayenne pepper.

Soften the butter by warming it a little. In that condition it will absorb liquids added gradually. Stir in the juice of the lemon, the parsley and cayenne. Set on ice. Serve slices on hot broiled or fried fish.

122—French Fried Potatoes.

Cut raw potatoes in fluted strips with a Sabatier scollop knife and fry them light-colored in hot lard.

123—Roast Ham and Spinach.

The thick end of a ham sawed across at the bone where the choice slices end does well for boiling and roasting. Scrape and shave off the outside, and, if convenient, steep the piece of ham in cold water some hours before cooking. Boil according to size—about a quarter of an hour for every pound. Take it out and remove the rind; bake about half an hour, or till richly browned. Serve it thinly sliced on a bed of spinach in a dish.

124—Boiled Spinach.

This needs the least cooking of any kind of greens, and will boil away in the water if left on too long. Pick it over, wash and let lie in a pan of cold water. Then put it into water that is already boiling, with a pinch of soda or ammonia to keep it green, and boil about fifteen minutes. Let it drain in a colander; season with salt, pepper, and butter or corned beef fat.

Spinach is also served with a poached egg on top, or the egg and spinach slightly chopped together; also with good cream sauce poured over, and in other ways; with boiled jowl and bacon.

125—Parsnip Fritters.

1 cupful of dry mashed parsnip.
1 ounce of butter—guinea egg size.
1 ounce of flour—large tablespoonful.
1 egg.
1 teaspoonful of mixed salt and pepper.

Stir all together. Drop spoonfuls in a frying pan of hot lard or drippings and fry brown.

126—Baked Celery with Cheese—Italian.

A way of using the outside stalks of celery to make a dish that finds many admirers at hotel tables.

2 cupfuls of celery cut small.
½ cupful of grated cheese.
½ cupful of butter or poultry fat.
½ cupful of gravy.
Little pepper and salt.

The celery should be in pieces about an inch long and split to look like macaroni. Boil ten minutes in water. Drain, mix in the cheese and butter and pepper and little salt and bake it in a pan. Baste over the top with spoonfuls of meat gravy. Serve like a vegetable in tureen or individual dishes.

127—Bird's-Nest Pudding

No doubt derives its name from its appearance when baked in a small pudding dish and set on the table whole. The batter rises round the

edges and the apples might be supposed to resemble eggs.

3 large tablespoonfuls of flour.
1 pint of milk—2 cupfuls.
Butter size of an egg.
2 tablespoonfuls of sugar.
2 eggs.
Pinch of salt.
Nutmeg or cinnamon.
Apples enough for a two-quart pan.

Pare and core the apples, put them in the pan whole, shake a spoonful of sugar over them and half the butter and grate nutmeg. Add water enough to wet the bottom of the pan, then bake with a sheet of paper over the pan till the apples are done, basting with the syrup occasionally.

Then mix the flour, milk and eggs to a smooth batter, melt the butter and beat it in and the sugar.

Pour the batter over the apples and bake about half an hour.

128—Cream Pudding Sauce.

1 cupful of thin cream.
3 tablespoonfuls of sugar.
1 large teaspoonful of corn starch.
Same of butter.
Flavoring of broken nutmeg.

Boil the cream with the nutmeg (or stick cinnamon) in it and half the sugar, which prevents burning. Mix the starch in the remaining sugar dry, stir into the boiling cream and take off when it thickens. Beat in the bit of butter and strain for use.

129—Rich Lemon Pie.

7 ounces of sugar—a cupful.
3 lemons.
1 cupful of rich cream.
6 yolks of eggs and 2 whites.

Place the sugar in a bowl and grate the lemon rinds into it with a tin grater, and then squeeze in the juice. Beat the yolks of eggs light and mix the cream with them; pour this to the lemon and sugar, and just before filling the pie crusts with the mixture whip the two whites to a froth and stir them in.

Use puff-paste (No. 53), to line the pie pans. The mixture will fill two pies, or three if small. It is hard to bake without browning the top too much, so should be under the shelf of the oven. These rich pies do not need frosting, only a dredging of powdered sugar.

130—Boston Cream Puffs.

½ pint of water—coffee-cupful.
4 ounces scant of lard or butter.
4 ounces of flour—good weight.
5 eggs.
Pinch of salt.

Boil the water with the lard and salt in it. Put in the flour all at once, and stir the mixture over the fire about five minutes, or till it becomes a smooth cooked paste. Then take it off and beat in the eggs, one at a time. Drop small spoonfuls of the paste on baking pans very slightly greased, allowing an inch or more of space between them, and bake in a moderate oven about twenty minutes. Cut a slit in the side and fill the puffs with pastry cream (No. 54). This makes about twenty puffs. The pastry cream of the receipt will fill them, and enough will be left over to spread between two layers of cake or bake in a pie.

The difficult part in making cream puffs is the baking in the uneven heat of a stove or range. They are nothing if they do not rise round and hollow, and the stove must be slacked down to suit.

The more the paste is beaten against the side of the pan, as the eggs are added and after, the more the puffs will expand in baking.

The puffs will not rise at all if the paste be allowed to get cold before the eggs are beaten into it.

The handsomest puffs are those baked done without the oven door ever being opened in the meantime.

MENU NO. XII.—DINNER.

131—Consomme Sevigne.

This is to be a deep brown consomme of high flavor, with a shape or two of bread fried in clear butter floating in each plate.

Roast a fowl and a shank or two of veal in a bright tin baking pan, together, having a little salt, some water, one onion and a spoonful of butter or other fat in the pan. The object is to get a nice brown color as well as flavor to impart to the soup. Veal makes the best color, both of gravy and soup, of any kind of meat. The gravy, technically called glaze, that will adhere to the pan when the meat is brown is soluble when salt is cooked in it from the first. After the meats are browned put them on to boil in a gallon of water and simmer about four hours. Boil a little of the liquor in the meat pan and when the brown glaze is dissolved add that to the stock. Throw in also a little bunch of soup vegetables, some parsley, half a bay leaf and four cloves, and a few broken pepper-corns. When the stock has boiled long enough strain it, remove the grease, clarify by boiling a little choppedraw beef and two whites of eggs in it and strain again. A slice of good bread for each plate should be cut out with a biscuit cutter, then fried light brown in the clear oil of melted butter. One at a time can be fried in the smallest deep saucepan, as they only take a minute, and but little butter will be required. Drain them on paper before putting them on the plates.

The reader of these recipes has now had three or four examples of the ways of making the

bright and clear consommes that are served at fashionable dinners; the one above made brown with roast meat; that last week, a simpler sort, artificially colored; a plainer vegetable broth before that, and the simple, unflavored bouillon at the beginning. These examples are enough for a complete cook book, taken with the various thick soups not yet mentioned.

Consomme au riz has whole grains of cooked rice in it. A spoonful of rice must be boiled in plenty of water for about twenty minutes, then the water strained away, the rice rinsed clear and put into the consomme. The grains can hardly sink in it, and look quite ornamental.

Consomme aux pates d'Italie has the little alphabet macaroni pastes that are sold at the grocer's treated as directed for rice, but not cooked so much. Then there is consomme with whole green peas, with pearl tapioca—previously soaked in teped water—with vermicelli and other similar additions. There is a harmless trick of the trade resorted to sometimes to give density enough so that the things added will seem to swim about in the consomme instead of sinking, and that is to add a teaspoonful of corn starch, which does not injure its clearness.

132—Boiled Red Snapper—Shrimp Sauce.

There should be a proper fish kettle for boiling a fish whole, having a perforated false bottom or drainer, that can be lifted out with the fish upon it when done. Where there is no such article the best substitute is a common milk pan of large size. Cover it with another pan that the fish may get steamed if not quite covered.

Choose a small fish, scale it, draw, chop off the fins, wash and wipe it dry on a cloth.

Half fill the pan with water and put in a little salt, vinegar, a small onion and four cloves stuck in it and half a bay leaf. When it boils put in the fish and simmer it at the side of the range about half an hour. Then pour off the water, take the skin off the upper side, slide the fish on to its dish, if to be served whole, and pour over it some shrimp sauce. But if served individually it may be divided with a fish slice in the pan and sauce poured over in the plates. Small and tender fish, like fresh mackerel, are best rolled up in a pudding-cloth and boiled in plain salted water, then carefully unrolled onto the dish.

133—Shrimp Sauce.

1 pint of clear broth or water.
Butter size of an egg.
1 tablespoonful of flour—rather large.
Yolk of 1 egg.
Salt and pepper.
1 can of Barataria shrimps.

Stir the flour and most of the butter together over the fire. When they bubble begin adding the hot broth or water, and stir it till cooked and thick—about two minutes longer. Then drop in the egg-yolk and beat, and next the remaining small piece of butter and beat till it is melted. Season slightly and put in the shrimps. They are already cooked.

134—Duchesse Potatoes.

Usually served with fish, on the same plate. They are little cakes of mashed potatoes. Take four steamed potatoes and mash them with an ounce of butter, the yolk of an egg and salt. Spread on a pie plate, brush over with the yolk of an egg mixed with a spoonful of milk, cut in pieces of any shape, take up the pieces with a knife point, place them on a greased baking pan and bake a nice color on top.

135—Roast Lamb.

Briefly, the piece of lamb should be dusted with flour, and roasted just done.

But meat cutting is quite an art. Very few women cooks understand it. As it makes meat "go further" at the carving table to have it cut up properly before cooking, it may easily be the case that the low-priced cook costs the employer more than the really skillful one at twice the wages.

In dividing a side of lamb get the ribs and loin as long and as well covered with meat as possible by cutting off the shoulder with the knife close up to the blade bone. People who choose almost invariably want the ribs—the same cut that makes chops—and next to that for choice is the loin, which should be well cut down into the leg.

With the point of the kitchen cleaver hack through the backbone at one or two ribs apart, and the same along the brisket, and chop the ribs once across the breast, and all without dividing the meat more than can be helped.

Chop off the shanks and end of neck, wash and put them in the stock boiler.

Put a little salt in the baking pan, the fat from the lamb, and a very little water; make it hot; dip the meat in flour on both sides and lay it in the hot pan. Keep only enough water in to prevent burning the bottom of the pan. A little drippings may be needed for basting. The ribs and shoulder should be done in twenty minutes, the leg in half an hour.

There will not be any real gravy in the pan worth speaking of by this method, the juices all being retained in the meat; but if you can afford it put a spoonful of fresh butter in during the last few minutes and baste the joint with it; it gives a richer brown to the outside, and makes a good pan gravy when water is added.

136—Cream Sauce for Roast Lamb.

The preceding directions having been followed and the baking-pan brown already with flour

and butter, and not burnt, pour off all the clear fat, and instead of water add a cup of milk. Let cook in the pan a few minutes, then strain it and add a sprinkling of chopped parsley, and juice of half a lemon. The parsley should be added only when the sauce is to be sent in, as it loses color by standing.

137—Mint Sauce for Roast Lamb.

The conventional lamb sauce. No other sauce or gravy is needed when this is used:

2 tablespoonfuls of green mint.
1 tablespoonful of sugar.
½ cupful of vinegar.

Pick the leaves of mint from the stems, wash and chop fine, and mix with the sugar and vinegar in a bowl. Serve cold, a spoonful to each plate.

138—New Green Peas.

Nothing comes to market that is so uncertain in quality and so likely to prove vexatious in the cooking as green peas. They may cook one day in fifteen minutes and would break and dissolve in the water if kept on longer, and the next may still be hard and unsatisfactory at the end of two hours' boiling. It depends mostly upon how young or nearly ripe they are, and partly upon the kind of pea. The worst for the cook are the mixed lots, that part boil away in the water and the rest remain like beans. Canned peas of good brands are preferable to what the market gardeners generally offer.

To cook peas green in color when done, it is necessary to drop them into water that is already boiling and has a little salt and a pinch of either soda or carbonate of ammonia in it. The ammonia evaporates during the boiling. A piece the size of a pea will do, of either. When the peas are done, drain the water from them.

Green peas are said to be dressed a l'Anglaise when they have only a little butter and salt and spoonful of water shaken about in them. They are a la Francaise when they have cream sauce mixed in.

139—Browned Potatoes.

Pare the potatoes and steam them, and the broken ones being used to mash, or a la duchesse, put the others in a small pan with some of the drippings from the roast lamb pan and a dredging of salt and bake them brown. Cold boiled or baked potatoes are not fit for this purpose—they can be used better for breakfast dishes.

140—Bread Custard Pudding.

2 cupfuls—pressed in—of fine bread crumbs.
2 cupfuls of milk.
1 ounce of butter—small egg size.
1 tablespoonful of sugar.
½ a lemon.
2 yolks, or 1 whole egg.

Crumble the bread fine either by chopping or grating; grate half the rind of a lemon into it and squeeze a little of the juice into the sugar. Mix the milk with the yolks and sugar; melt the butter and mix in and pour the mixture over the bread crumbs in a buttered pudding-pan or bowl and bake about twenty-five minutes. Various changes can be made by adding raisins, currants or citron to this pudding. The fruit must be sprinkled in after the pudding is in the baking pan. It will sink if stirred. Serve a sauce with the pudding.

Calves' heads ought not to be thrown away, as they are in the country, for want of knowledge of an easy way of cleaning them. They are comparatively worthless when the skin is removed (which is the gelatinous portion that makes calf's-head soup, almost as good as turtle), and yet that is the way they are generally served if saved at all.

141.

To remove the hair drop the head and feet into a tub of hot water that has had a shovelful of wood ashes boiled in it, or a few crumbs of concentrated lye, or washing soda. The water must not be quite boiling hot, as that will set the hair and make cleaning difficult. Churn them about with a stick of wood a few minutes, then scrape with a sharp knife. Roast the hoofs in hot coals and pry them off with a knife point. A nicely cleaned head and feet bring $1 or $1.50 in market.

142—Calf's Head Soup.

Mock turtle soup is made of calf's head, but it is quite an elaborate and tedious affair to make it right. We will have mock turtle next week. This is much more simple.

½ a head and 2 feet.
3 quarts of water or stock.
Small slice of fried ham.
½ a bayleaf, 3 cloves, fragment of mace.
A soup bunch with parsley and cives.
Salt, pepper and thickening.
1 hard-boiled yolk of egg.
½ a lemon.

As these seem a good many things for a simple soup, let us analyze: The head gives the richness of jelly, but it is insipid; the scrap of ham, the spices, herbs and vegetables give the necessary flavor. The most of the meat is to be saved for the entree, the rest goes back in the soup after it has been strained, seasoned and thickened. Then chop the hard-boiled yolk and sprinkle it in, and the half lemon cut in small pieces. Or, to state it in order:

Saw the calf's head in two: save the brain and tongue, steep the half head you are going to use in cold water. Put it and the feet on in cold water or stock and simmer about two hours with the vegetables and spices, then strain off, season and thicken with a little flour. Cut the best part of the head into oblong pieces and reserve them, and take what is left to chop coarsely—or cut in

dice—and put it in the soup with the egg and lemon and a little minced parsley.

143—Cucumber Salad.

Slice the cucumbers two hours before they are wanted and sprinkle the slices plentifully with salt. Set the dish in the refrigerator. Just before dinner drain away the salt liquor from the cucumbers and mix them with oil first, and then with vinegar and pepper. Serve on a very cold dish.

144—Broiled Salmon Steak with New Potatoes.

One of the greatest luxuries that can be provided for a fine breakfast or dinner, not only for ts high price but because the salmon is calle d the king of fishes.

Slice the fish with a sharp knife and sever the bone in the center by striking the point of the knife with a hammer—not to break or tear the meat. Lay the steaks in a bright tin pan or dish, dredge with pepper and salt, brush them over with olive oil, if you can, or with clear melted butter and let them lie till wanted. Then broil in the hinged wire broiler same as beefsteaks, about ten minutes. Dish up on a large platter hot. Have some new potatoes ready boiled, cut them in quarters lengthwise and place them as a border around the steak. Shake a teaspoonful of chopped parsley over the salmon steak, melt a piece of fresh butter in an omelet pan and pour it hot over it, squeeze the juice of a half a lemon over that. Place three or four green tufts of parsley among the potatoes in the border and send it in.

145—Rib Ends of Beef with Yorkshire Pudding.

Instead of having the rib bones taken out and the thin flap of meat coiled around the roast; have the roast shortened by sawing off the ends. These with the bones in, about two inches in length, make a very popular dish if cooked tender.

Bake them in a deep baking pan with water and drippings and a good allowance of salt for two or three hours.

Manage it so that the meat will be stewing in the water and gravy three-fourths of the time, and dry out and brown in the hot glaze on the bottom at last. Use a greased paper to lay on the top of the meat to keep it moist during the first hour. Roll the pieces over and over in the glaze during the last five minutes, to make them shining brown with it. Pour off the fat after the meat is removed and make gravy in the pan.

146—Yorkshire Pudding.

Originally it was baked in front of the fire under the meat roasting on the spit, the gravy dripping upon it. The Yorkshire pudding that is baked in a range is good enough, however.

1 cupful of flour—sifted, heaping.
1 pint of water—2 cupfuls.
2 eggs.
1 tablespoonful of drippings, melted.
Salt and baking powder, very little.

Mix the flour and water (or milk) together gradually by stirring in the middle. When it is free from lumps add the melted drippings or butter, salt, and the eggs well beaten. Bake in a shallow pan, half an inch deep, about twenty minutes. Cut it in squares and serve it with the piece of meat on top, in a hot dish, and the meat gravy separately.

The batter, as above made, is excellent for sweet puddings, with a spoonful of golden syrup added and the whites of the eggs whipped light. Strew raisins in the batter in the pan before putting it in the oven, or quartered apples partly cooked in syrup first.

147—Calf's Head Breaded.

Take the shapely pieces that have been reserved from the soup-making, pepper and salt them, then roll in beaten egg with a little water added, and then in cracker meal, and fry them quickly brown in hot drippings or lard.

Serve with tomato sauce.

148—Stewed Oyster Plant or Salsify.

Scrape the roots white, wash and cut them in inch lengths. Boil in salted water till tender. They should be tried with a fork, as the time required varies. Generally, salsify takes about an hour to cook. Then drain away the water and put in some cream sauce, or milk, butter, salt and thickening.

149—Lemon Cream Pie.

We have had already two lemon pies, a common and a rich kind This cream pie may be made in a crust that is already baked, if preferred, or baked together like the others.

I. Line the plates with pie paste and bake of a light color.

Make the pastry cream (No. 54), and when it is cold whip a cupful of thick cream in a whip-churn to a firm froth and mix part of it in. Use the remaining whipped cream, sweetened and flavored, to spread over the top after filling the crusts. These pies, of course, do not need baking.

II. Make a special cream filling this way:

1 pint of milk.
4 ounces of sugar.
2 ounces of flour—2 heaping tablespoonfuls.
1 tablespoonful of butter.
4 eggs.
½ a lemon, or lemon extract.

Boil the milk. Mix the sugar, the grated

lemon rind, and flour together dry and stir them into the boiling milk with a wire whisk.

Add the butter and juice of the lemon and then the yolks of the eggs well beaten, but take from the fire before they cook. Line pie pans with puff paste or tart paste. Pour in the cream and bake in a slack oven. When done meringue over as directed at No. 103.

Variations of these kinds are made by first spreading fruit jelly or marmalade in the crusts and the lemon cream on that, and by making deep patty pan sizes, finished in the same way.

150—Strawberry Meringue.

Bake a sheet of sponge cake on a jelly cake pan, take it off warm and gently press it, top side down, into a dinner plate to shape it hollow. Mix half a cup of sugar with two cups of strawberries by shaking about in a bowl, and spread them on the cake. Whip the whites of three eggs firm, mix in two tablespoonfuls of sugar, spread the meringue over the berries and bake with the oven door open about five minutes, or until it is lightly colored. A piece of board hould be placed under the plate to keep it froms getting too hot in the oven, as it is not intended to bake anything but the top covering. Serve cold.

151—Sponge Cake.

14 ounces of granulated sugar.
12 eggs.
12 ounces of flour.

Beat the sugar and eggs together with a stout wire egg whisk for half an hour. Then cut in the flour. The goodness of the cake depends altogether upon the beating, and for that to be effectual the ingredients must be cold. The eggs need not be separated, the whites from the yolks. The best vessel for the beating is a bell-metal kettle, but a deep pan or tin pail will do. After the flour is in and just stirred enough to be fairly out of sight it is finished, and should not be beaten more. Bake as soon as possible.

It may interest some readers to know that at the great bakeries where almost everything else is done by machinery, the sponge cake, one of the most important articles in the trade, is still made by hand as above described.

152—Small Sponge Cakes.

Brush inside some small sponge cake pans, or gem or muffin pans, with a touch of melted lard, and sift flour in them. Shake out, and half fill them with the sponge cake batter. Sift powdered sugar over the tops—the pans being set on a paper—and bake the cakes in a slack oven till of a light brown color.

153—New York Ice Cream.

1 quart of thin cream.
12 ounces of sugar.
12 yolks of eggs.
Vanilla bean or extract to flavor.

Boil the cream with the sugar and a vanilla bean in it. Beat the yolks light and pour the boiling cream to them. Set on the fire again for a minute. This yellow custard will not become frothy, rich and light in the freezer if cooked much, but should be taken off and strained as soon as slightly thickened. Set the freezer containing it in its tub and pack with ice pounded fine and mixed with one-fifth as much coarse salt. Turn the freezer, and when the contents is nearly frozen, if a common freezer is used, take off the lid and beat up the cream with paddle or spoon.

154—Cocoanut Candy Drops.

1 pound of granulated sugar.
8 ounces of grated cocoanut.
One-third cupful of water.

Set the sugar and water over the fire in a small, bright kettle and boil about five minutes, or till the syrup bubbles up and ropes from the spoon, and do not stir it. Then put in the cocoanut, stir to mix, and begin at once and drop the candy by tablespoonfuls on a buttered baking pan. The dry dessicated cocoanut is the easier kind to work with. With the moist, fresh grated more time should be given for the sugar to boil to the candy point.

MENU NO. XIV.—DINNER.

155—Mock Turtle Soup.

1 gallon of soup stock or water.
½ a calf's head, 2 feet and tongue.
Soup bunch of vegetables and sweet herbs.
Flour browned with butter, for thickening.
1 lemon. Some spices. Bay leaf.
A glass of sherry. Cayenne. Salt.
Egg balls and meat balls.

Simmer the meats in the stock about two hours, along with the soup bunch and thyme, savory and parsley, and half a bay leaf and four cloves.

While this is boiling put into a frying pan a small, thin slice of ham and butter the size of an egg. Fry the ham on both sides, put in with it two tablespoonfuls of flour and set the pan in the oven for the flour to brown nicely in the butter without getting black. Then take the calf's head out of the soup and stir the browned flour and ham into it. Let cook a while to thicken. After that pass the soup, which should be like thin gravy, through a strainer into a clean saucepan, and when it boils skim it. Mix

the juice of half the lemon in a little cold water, pour it in and skim when it boils up again. This makes the soup bright. Season with salt and cayenne. Cut some scraps of the head in neat dice and throw them in, then the quenelles, the remaining lemon sliced thin, and the glass of sherry.

156—Egg Balls, or Quenelles, for Soups and Entrees.

2 hard boiled yolks of eggs.
½ as much hot boiled potato.
1 teaspoonful of chopped parsley.
Cayenne and salt.
1 raw yolk.

Mash all together. Make up in balls size of cherries, with flour on the hands. Poach them a minute or two in a frying pan of boiling water. Take up on a skimmer and drop them into the soup.

157—Forcemeat Balls, or Quenelles, for Soup, Etc.

½ a calf's tongue, cooked, or some cold veal.
½ the weight of fine bread crumbs.
2 or 3 tablespoonfuls of melted butter.
Seasoning of sweet herbs, and nutmeg.
Pepper and salt.
1 raw egg.

Mince the meat small, add the other ingredients, and pound them all together. Make up in little balls, with flour on the hands. Poach them in boiling water and put them in the soup.

The above two mixtures can be used as croquettes, made into shapes, and fried; and are good to place as ornamental accessories in the sauces to fish and meats.

158—Small Patties au Salpicon.

These little trifles that are often served betwixt the soup and the fish are made in a dozen different shapes and filled with as many different preparations. The word salpicon means a mince like sausage meat, highly seasoned, and may be made like the forcemeat balls preceding of cooked meat as well as raw, with chicken minced as if for croquettes, and the like.

Make the puff-paste No. 53, and roll out thin at the edge of a plate; cut out with a biscuit cutter. Wet one flat with a brush dipped in water, place a teaspoonful of extra high-seasoned sausage meat in the center and cover with another of the flats. Press the edges together lightly all around and bake about twenty minutes.

159—Baked Whitefish, Tartar Sauce.

Split the fish, after cleaning, down the back and take out the backbone. Put some good, clear drippings to get hot in a baking pan. Wipe the fish, dip it in beaten egg, then dip it in flour and then in egg again; lay it in the pan of hot fat and bake it carefully at a moderate heat—perhaps with the oven door open—for about twenty minutes. Baste the exposed surface with the fat. Fish looks extremely rich cooked this way, yellow-brown and semi-transparent, if not allowed to get too hot while baking; yet the fat must be hissing hot when the fish is put in. Serve cold tartar sauce in a boat separately. Garnish the fish with fried parsley.

160—Tartar Sauce, Cold.

Make the mayonaise sauce, No. 68, and add to it a little finely-minced onion and green gherkin.

161—Dauphine Potatoes.

Served with fish, in the same plate. Press mashed potatoes through a sieve; mix the yolk of an egg in it; drop a few tablespoonfuls on a baking pan, in shapes like little drop-cakes, and bake them a light color.

162—Roast Beef.

"Cooks are born, not made; but it requires genius to roast"—the aphorism of a noted French gourmand, so often quoted, let us repeat once again. It may not bear to be construed literally, but it expresses the idea of relative importance. Was it not really a genuine expression of impatience at the dullness of apprehension of the good man's own cook, who, likely enough, would keep sticking the fork into the meat and letting out all the juices?

To roast or bake meat so that, however small the piece may be, it will be found full of gravy when cut, it is necessary to have the pan it is baked in hot before the meat goes in, and although there must be liquor in the pan while it is baking, that should be added after the meat has become hot enough outside for the pores to be closed and the juices retained inside.

The choice roasting piece of beef is the ribs between the edge of the shoulder-blade and the loin—the short ribs. As the butchers have to sell everything, as a matter of business, they take out the ribs and coil the thin meat of the breast around the choice upper portion, and make a neat cushion-shaped roast, secured with twine and skewers. In the places where the highest prices are paid, however, the breast portion has to be cut away altogether and cooked separately, as in our example last week, and the choice upper portion or entre-cote only is roasted. This is nearly always cooked rare done, and the plentiful gravy that flows from it when cut is caught in a dish and is the only gravy served with it. As to time, the old rule is the only one: Allow a quarter of an hour for each pound of meat, and less, according to judgment, when the roast is of thin shape or required to be very rare done.

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When a made gravy is required to go with the beef, the bones and trimmings of the roast should be put in the pan with it, a little salt, a slice of carrot and turnip, and a little hot water, and when the meat is done and the water all dried out, pour off the grease, add some broth or water to the glaze on the bottom of the pan, and when it is dissolved by boiling thicken it slightly with flour and strain it. This is called sauce brune; but when made richer by the use of large quantities of meat, and highly flavored with spices and herbs, it is called espagnole by the cooks, who then subdivide it, and by adding different ingredients to different portions, make the host of sauces with unfamiliar names that lead off to the inextricable entanglements of French cookery.

163—Browned Parsnips.

There are two kinds of parsnips; the hollow-crown or sugar parsnip is the best, and will take on a rich brown in the oven when the other kind comes out only dried and tasteless. Pare the parsnips, cut in pieces lengthwise and steam about an hour. Then bake in a hot oven, with a little salt and meat drippings. Drain by tipping up one end of the pan.

164—String Beans.

Snap them in two in the middle and pull off the strings. Boil in salted water about three-quarters of an hour. Drain the water away and put in the same seasonings as in green peas, either a little cream sauce or butter, salt and pepper.

165—Croquettes of Calves' Brains.

1 set of brains—about ½ pound.
1 cupful, loose measure, of bread crumbs.
1 ounce of butter.
½ an egg—or the yolk.
1 tablespoonful of chopped parsley.
1 teaspoonful of mixed salt and pepper.
Little lemon juice, or tablespoonful of vinegar.
Slight grating of nutmeg.

Simmer the brains in salted water for about twenty minutes, then put them in cold water and peel off the dark outside, cut them up and mash with the bread crumbs and all the other ingredients.

Make up in shapes with flour on the hands. Long rolled shapes like link sausages, with the ends cut off square, are best. These, if well coated with flour, can be fried in the wire basket in hot lard, of a nice yellow color, or may be rolled first in beaten egg and then in cracker meal and fried. Let them get well done. Serve with cream sauce, or with green peas dressed with butter.

166—Cream Sauce, or Bechamel.

2 rounded tablespoonfuls of flour.
Butter size of an egg.
1 cupful of boiling milk or cream.
Salt.

Mix the flour with most of the butter in a little saucepan and let them get hot and bubbling over the fire with constant stirring, then add the milk a little at a time and stir it up smooth. When it is cooked thick beat in the remaining portion of butter. Strain if not quite smooth.

This sauce is useful in fifty ways, for codfish in cream, chipped beef, vegetables, sauce for fresh boiled fish, etc., etc. As we suppose we are writing explanations for domestic cooks, as well as others, who should know how to cook for the wealthy who can choose the best, it may be stated that the elaborately prepared Bechamel, that is, the sauce originated by a cook of that name, is made of broth with all the vegetable seasonings in it boiled down very strong and rich, then thickened as above shown with flour and butter, and thick cream added at last. Plain people will hardly care for such niceties in small matters, yet when club men vaunt the excellence of the club or restaurant table it must be a source of satisfaction to know whereof they boast.

167—Calf's Head, Vinaigrette.

Cut the calf's head that was reserved from the soup-making into oblong pieces and turn off the rough ends and edges. Keep the pieces on a plate ready. Make the sauce of:

1 cupful of clear broth or stock.
1 tablespoonful of butter.
6 tablespoonfuls of vinegar.
I teaspoonful of corn starch.
Salt and cayenne.
1 pickled gherkin, chopped small.

Boil and thicken slightly with the starch. It makes a clear acid sauce. Put in the pieces of calf's head and let them get warm through without boiling. Add the chopped pickle. Ornament the dish when served with quarters of hard-boiled eggs, or a little chopped egg sprinkled over.

The same dish made without butter is also served cold, along with the side dishes of cucumbers, cress, etc,, like soused head or feet.

168—Potatoes in Cream.

Buy freshly dug potatoes that can be scraped, if they can be had as well as the wilted ones that must be pared. Steam them till done, about half an hour, then put them in cream sauce made thin, and sprinkle in a little chopped parsley.

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169—Banana Fritters.

Peel the bananas, cut them in two across and steep the pieces in syrup of sugar and water. After they have lain in syrup an hour or two drain them, roll well in flour, making a good coating stick and either fry in hot lard or bake and baste them till of a nice light brown color and crisp outside. Boil the syrup and strain it for sauce.

170—Boiled Plum Pudding.

½ pound of white bread crumbs.
4 ounces of sugar.
4 ounces of chopped suet.
4 ounces of raisins.
4 ounces of currants.
½ coffeecupful of milk.
1 egg.
1 teaspoonful of mixed ground spices—cinnamon, nutmeg and mace.
Little salt and a pinch of soda.

Mix the dry articles together — the bread crumbs being grated or chopped quite fine—then wet with the milk and egg, with the pinch of salt and soda dissolved in them; tie up in a pudding bag and boil four hours.

171—Brandy Sauce for Plum Pudding.

½ cupful of sugar.
½ cup of water.
1 tablespoonful of butter.
A slice of lemon.
1 teaspoonful of whole spices—cloves, mace, cinnamon.
A wineglassful of brandy. Boil all, except the brandy, together for five minutes, then strain and add the brandy.

Another half cup of water and a teaspoonful of corn starch mixed up in it may be added to the above. It will still be transparent and cheaper than the strong syrup sauce.

172—Rhubarb Pie.

Rhubarb should be peeled and cut in two-inch lengths, and cooked with only water enough to cover the bottom of the kettle, with half a pound of brown sugar to each pound spread over the top and the steam shut in. It burns easily, and should be cooked at the side of the range or set upon a brick till the sugar dissolves with the juice to form a syrup.

Line the pie pans with puff paste, made not very rich, fill with the stewed rhubarb and place broad strips of paste, cut with a paste jagger across and bake; or use the plain pie paste and bake with a top crust. Sift powdered sugar over.

173—Chocolate Cream Tarts.

This is pastry cream like the lemon cream pie filling with chocolate in it.
1 pint of milk.
4 ounces of sugar.
2 ounces of flour.
1 ounce of chocolate—grated.
1 ounce of butter.
3 or 4 yolks of eggs.

Boil the milk with the chocolate in it and a little sugar to prevent burning on the bottom. Mix the flour with the rest of the sugar, dry, and beat them into the boiling milk. Then add the butter and the yolks well beaten and take the mixture immediately off the fire. The yolks should finish cooking in the tarts. Flavor with vanilla. Line deep gem pans with tart paste, fill with the chocolate cream and bake in a slack oven. Whip the whites of eggs, add two spoonfuls of sugar, meringue over the tops of the tarts and let them get slightly colored on top.

The same cream may be made suitable to fill shells of pastry already baked, by letting it cook sufficiently on the range and mixing in some whipped cream when cold.

174—Tutti Frutti Ice Cream.

Make the frozen custard of the menu preceding and add to it a wineglassful of maraschino for flavor and a teaspoonful or two of burnt sugar coloring to give it a darker hue. Then cut a pound of French candied fruits in small pieces and mix in and freeze again. The tutti frutti may either be dished up out of the freezer by spoonfuls, or pressed into a brick-shaped mould. In the latter case, it should be prepared several hours before it is wanted, and the mould when filled should be packed in ice and salt and covered down to remain two or three hours.

175—Jelly Roll.

Make sponge cake mixture, spread it thinly on a sheet of manilla paper and bake it light colored, on a baking pan. Lay the sheet when done, cake downward on the table, brush the paper over with water and pull it off the cake. Spread with jelly and roll up.

MENU NO. XV.—DINNER.

176—Mutton Stew with Vegetables.

3 pounds of breast or neck of mutton.
1 onion and a little of the green tops.
4 potatoes.
Piece of turnip, carrot and parsnip.
Piece of pepper pod minced, parsley and salt.

The meat for this first-class dish can be bought for 4 or 5 cents per pound, because so

few know how good it is when stewed long enough. Four hours before the meal chop the breast of mutton in pieces of even size, wash and put it on in a good sized saucepan with cold water enough to cover. When it boils skim it. Throw in the vegetables all but the potatoes, let stew, with the lid on, two hours, then add the potatoes, parsley, red pepper and salt, and simmer an hour longer. The vegetables should be cut in pieces of even size, and other kinds can be added, such as celery and peas. Add more hot water if necessary, thicken with a spoonful of flour mixed with water.

177—Buttermilk Biscuits.

1 pound or quart of flour.
2 cupfuls of buttermilk.
1 rounded teaspoonful of soda.
1 teaspoonful of salt.

Sift the soda into the flour dry, add salt, and mix with the buttermilk poured into a hollow in the middle. Care should be taken to keep the dough as soft as it is possible to roll it out. Knead it only by pressing out with the flat hands. Let stand five minutes for the soda to be well dissolved in the dough, then knead again and cut out.

178—Baked Rice and Milk Pudding.

1 cupful of rice.
1 cupful of sugar.
6 cupfuls of milk.
Cinnamon or nutmeg..
A pinch of salt.

Wash the rice in three or four waters, put it into a tin pudding pan, and the sugar, milk, salt and piece of stick cinnamon with it, all cold, and bake in a slow oven for three or four hours. It may be best to use only five cups of milk at first, and add the other if the time allows the pudding to boil down dry enough. Cover with a sheet of greased paper to keep the top from scorching.

MENU NO. XVI.—DINNER.

179—Onion Soup.

3 or 4 pounds of breast of mutton.
1 cupful of minced onion.
2 quarts of water.
1 cupful of milk.
Flour thickening; salt and pepper.

Take a breast of mutton and two shoulder shanks, or any coarse piece beside, and four hours before dinner time put them on without chopping or cutting up, in three quarts of water. Put the lid on, and let stew for three hours.

Then take out all the meat, strain the broth, and add the minced onion, pepper and salt to taste, let cook some time longer, then thicken with a tablespoonful of flour mixed up with the milk, cold, and skim the fat off as it rises.

180—Breast of Mutton, Fried or Boiled.

The mutton having been cooked till tender, as directed in the preceding recipe, pull out all the bones and press the meat between two dishes. Set in a cold place. When cold, trim off rough edges; pepper and salt it; then either dip both sides in flour and fry it nicely brown (in the fat skimmed off the soup) or broil or bake it brown without flour, and baste with a little fat while it is cooking.

181—Mashed Ruta-Bagas.

Pare one large ruta-baga turnip, cut it in thin slices, and steam about an hour over the same kettle the breast of mutton is boiled in. Mash smooth when done, and season with salt and pepper, and add milk, if available.

182—Lettuce Salad.

2 heads of lettuce.
1 hard-boiled egg.
½ cup of vinegar.
Salt and pepper.

Chop the lettuce the last thing before dinner—that it may not have time to wilt and turn dark—and chop the white and yolk of the egg separately. Mix lettuce, vinegar, salt and pepper, and chopped white of egg together in a bowl, and sprinkle the minced yolk on top.

183—Boiled Corn Meal Pudding.

2 level cupfuls of white corn meal.
2 cupfuls of water.
1 cupful of minced suet.
2 tablespoonfuls of sugar.
1 egg. Salt.
Lemon or orange zest, or ground ginger.

Boil the water with the sugar in it, sprinkle in the meal as in making mush, and stir it over the fire for five minutes, mix in the suet, salt, beaten egg, and grated rind or ginger. Wet and flour a pudding cloth, place it in a bowl, pour in the mixture, tie loose enough for it to swell nearly double its bulk, and boil it five hours. Serve with sauce or syrup.

184—Plain Pudding Sauce.

1 cupful of hot water.
1 cupful of brown sugar.
1 tablespoonful of flour.
Little butter.

Stir the sugar and flour together dry, pour the water to them, add butter, and keep stirring over the fire till it boils.

185—Common Gingerbread.

12 ounces of black molasses—a coffee cupful.
4 ounces of butter or lard—a small cupful.
1 egg.
1 tablespoonful of ground ginger.
1 small teaspoonful of soda.
1 pound or quart of flour.
1 cupful of hot water.
Salt when lard is used.

Melt the butter and stir it into the molasses and then the egg, ginger and soda.

The mixture begins to foam. Then stir in the flour, and lastly the hot water, a little at a time. Bake in a shallow pan.

186—Collops of Beef in Glaze.

By long stewing and with care at the finish, we can have small pieces of beef, no matter how coarse the cut, perfectly tender and covered with the richest natural gravy without any additions whatever other than plain seasoning.

Take two pounds of the neck of beef and cut it into small but thick steaks. Put them on in cold water with a teaspoonful of salt and half as much black pepper, and boil with the lid on for three hours. As the water boils away stir up the meat from the bottom lest it stick and burn. Move the saucepan to the front where you can watch it, and as soon as the water is nearly all expelled and before the saucepan bottom begins to brown, take it off. Put the pieces of meat on a hot dish. There will perhaps be a teacupful of essence of meat in the saucepan. Skim off the fat if necessary and pour the essence over for gravy.

187—Roasted Onions.

Peel a sufficient number of onions and steam them until done, which may take an hour and a half. Then bake them in a pan with a little drippings and salt and a sprinkling of sugar or syrup to cause them to brown on top. Serve them in the same dish with the collops of beef placed around the edge.

188—Hot Slaw.

1 quart of finely shred cabbage.
1 cupful of mixed vinegar and water.
1 egg or 2 or 3 yolks.
1 tablespoonful of butter.
Little salt, sugar and red pepper. Mix all together in a bright saucepan set in another of boiling water, and stir until it is at boiling heat, and the eggs in it thicken and make it look creamy. Do not let it cook.

189—Boiled Molasses Roll.

For the paste:
8 ounces of flour—2 heaping cupfuls.
Lard or butter size of an egg.
1 teaspoonful of baking powder.
Little salt.
Water to mix—over half cupful.

The good of knowing how much water by measure is that it saves weighing or measuring flour, as so much water will take up so much.

Mix the flour and water with nothing else in but salt. Have the dough as soft as it possibly can be worked. Knead it on the table a little, roll out and drop the lard on it in little lumps, fold over in three and roll out again. Then strew half the baking powder over the sheet of paste dry, fold up and roll out; spread the rest of the powder and fold and roll it twice more. That makes flaky roly-poly pudding paste.

For the filling take half a cupful of molasses, stir into it a tablespoonful of flour and two tablespoonfuls of vinegar. Spread the preparation over the sheet of dough rolled out thin, roll it up, tie in a pudding cloth and pin the middle, and boil or steam it one hour. Dip the pudding a moment in cold water when to be taken out of the cloth. Serve with plain sauce.

A still cheaper paste for roll puddings is the biscuit dough made with buttermilk and soda, as at No. 177.

MENU NO. XVIII.—DINNER.

190—Beef Pot-Pie.

2 pounds of coarse fat beef.
1 slice of salt pork or bacon.
1 onion.
Salt, black pepper, flour thickening.
Biscuit dough for dumplings.

Take any pieces of beef not suitable for steaks, cut them to one size, put on in cold water, and let stew at least two hours, with the lid on. Throw in the seasoning of pickled pork and onion, pepper and salt. Mix a teaspoonful of flour with water for thickening.

191—Light Dumplings For Pot-Pies.

1 heaping cupful of flour.
1 small teaspoonful of baking power.
½ cupful of water.

Mix the powder in the flour dry, add a little salt; then mix up with a spoon. The dough should be a little too soft to handle and the dumplings then will remain light after cooking instead of turning heavy as they often do after being good when first done. Drop the dumplings with a spoon all over the top of the stew, put on the lid and when they are nearly cooked set the saucepan in the oven without the lid to brown the top. Baste once with the stew liquor.

192—How to Boil Potatoes.

While the complaint is so common that very few cooks know how to boil a potato properly, it may be well to remember that some kinds of potatoes are so bad already they can neither be made better nor worse, no matter how they are cooked. The early sorts, that grow rapidly and soon become low-priced, are usually of a watery

nature. If a potato has any mealiness in it at all it will show if cooked this way:

Pare and put them on in cold water, with a little salt in it. Boil with the lid on till they will leave the fork when tried—about twenty to thirty minutes. Drain away the water, and keep the potatoes hot with the lid on, but not quite closed. The next best way is to steam them; and potatoes with their jackets on are still in favor even at the best tables. Potatoes to be baked should have the ends cut off and black spots removed. Cutting off the ends is supposed to make them mealy by allowing the inside moisture to escape. Whether that be true or not they look the better for the attention bestowed.

193—Boiled Corn Starch Pudding.

1 pint of milk—2 cupfuls.
1 tablespoonful of sugar.
2 heaping tablespoonfuls of starch.
1 tablespoonful of butter.
1 egg or the yolk only.
Flavoring and little salt.

Boil the milk with the sugar in it. Mix the starch with a spoonful of cold milk and some of the hot; stir it in, and let cook with constant stirring about two minutes. Beat in the yolk and butter, and take it at once from the fire. For flavoring a piece of orange zest, pared thin, may be used, or stick cinnamon. Serve with sweetened milk or cream.

This pudding should be made only just before it is wanted, and not kept hot enough to cook more when once done.

194—To Stew Evaporated Apples.

The light colored, better qualities of dried apples are made scarcely distinguishable from fresh fruit by cooking a little acid with them, such as lemon juice, in the water, or some sour fruit. They should be steeped in cold water before cooking, and be cooked in plenty of water and the steam shut in. The apples are all the richer for having to stew till the surplus water, if any, is expelled. Dried pears cannot be cooked soft unless of a special kind, but need to steep awhile and then cook about an hour.

MENU NO. XIX—DINNER.

195—Beef Heart, Stuffed and Baked.

Boil the heart tender first, allowing about two or three hours, and let the water be nearly all boiled away at the finish, that the remaining liquor may be available for gravy.

Make the bread stuffing with onion and sage in it as at No. 30, but it will do without the egg. When the heart has boiled long enough cut out a portion of the middle and fill the cavity with stuffing. Set the heart in a pan in the oven with the liquor it was boiled in, and salt and pepper and bake brown. Cut the piece of heart into small pieces, put them to the liquor remaining in the pan and stir up with the fragments of dressing and a spoonful of thickening, making a savory thick sauce or ragout.

196—Boiled Navy Beans.

Steep a pint of beans in water overnight. Put them on in plenty of cold water to cook, and throw in soda or saleratus the size of a bean. Let boil an hour and a half, then drain off the hot water and fill up again with cold. Boil again till the beans are well done. Drain and season. The foregoing will be found an effectual method for cooking beans soft, no matter how difficult the sample furnished may be.

197—Washington Pie.

As there are other articles known by this name, it may be as well to state that this is a sort of brown bread pudding baked in a crust, such as is sold at the bakeries.

1 pound of bread crumbs—a pressed-in quart.
8 ounces of molasses or sugar—a teacupful.
8 ounces of currants or raisins.
2 teaspoonfuls of mixed ground spices, chiefly cinnamon.
2 teacupfuls of water.
1 small cupful of vinegar or hard cider.
8 ounces of suet chopped fine.
2 eggs—optional.

Mix everything together. Cover the bottom of a baking pan with a thin sheet of common short paste (No. 102), pour in the mixture to be an inch and a half deep, cover with another thin crust, brush over the top with milk. Bake to a light color in a slow oven about three-quarters of an hour. Cut out squares either hot or cold.

MENU NO. XX.—DINNER.

198—Potato Cream Soup.

2 quarts of soup stock.
1 medium-sized onion.
A knuckle of boiled ham.
2 large potatoes.
1 cupful of milk or cream.
Salt and pepper.

Boil the veal bones named in the recipe below, a soup bone beside, a small knuckle bone of boiled ham or a slice of pickled pork and a soup bunch of vegetables in three quarts of water until it is reduced to two quarts. Mince an onion very small and throw it in.

Boil and mash the potatoes, mix the milk with them, add this to the soup, and then strain it through a colander. Season with salt and pepper and shake in a teaspoonful of mixed parsley.

199—Baked Pickerel with Green Peas.

Split the fish, after scalding it, down the back, and cut out the backbone, take off the head, tail and fins.

Lay these boneless sides in a baking pan with a little salt in the bottom and a half cupful of

water, the skin side of the fish upward. Bake it about ten minutes and baste it once with the water in the pan, then take out the pan and remove the skin from the fish—it peels off easily. Beat an egg in a teacup, put a little salt in and brush it all over the surface and cover that with sifted cracker dust or very finely crushed dried bread crumbs. Set it again in the oven and presently baste the breading with either clear dripping lard or butter. The fish should be done and handsomely browned in about twenty minutes. Serve with a border of green peas, either in a large dish—the fish being taken up with two cake turners—or in individual portions with the peas in the same plate.

200—Stuffed Brisket of Veal.

The breast or brisket of veal is a low-priced cut, at least when the veal is large, but is most excellent when cooked tender. There is a large proportion of gelatinous bone and tendon good for soups and stews. Take the entire "plate," as the butchers call it, and take out the bones by cutting down the sides of the ribs and along the brisket edge with the point of a knife, without cutting through. Then chop the bones in pieces and use them in the soup, as directed in a preceding recipe. Make the bread stuffing, No. 30 (without the onion), lay it on the broad, boneless piece of veal—which may be made broader and evener by splitting the breast edge part way—then roll up and tie it in good shape with twine. Put the rolled veal into a baking pan, with fat skimmed from the soup, a little water and salt, and bake with a greased paper on top for a time, according to the size of the veal—probably an hour and a half. Baste it with a little drippings, roll it over in the glaze or gravy of the pan when that becomes brown at last, and make pan gravy when the meat is taken out in the usual way.

201—Summer Squash.

This vegetable should always be steamed, or at any rate not boiled in water, it being an object to get it as dry as possible so as to allow the addition of milk or cream when it is mashed. Shave off the outside thinly with a sharp knife; cut each squash in six or eight pieces. It depends upon the age and distinctness of the seeds whether they should be cut out or not; if large enough to show prominently in the mashed squash take out the entire core. Squash cooks in about half an hour, and may be allowed to simmer and dry out more after mashing and seasoning, in a pan set upon a couple of bricks.

202—Steamed Cherry Pudding.

Make a light dough without shortening, either the same as the buttermilk biscuit at No. 177, or the potpie dumplings at No. 191, only in each case make the dough carefully, not to get too much flour mixed in, as very soft dough will prove to be much lighter than that worked up hard. Grease the bottom of a pan or dish that will go in your steamer, cover it with a thin layer of the paste, spread over that a cupful of pitted cherries (or other fruit), cover with another thin sheet of paste, then another layer of cherries and a cover of paste on top. Steam it an hour and a half or more. Serve with sugar dip (No. 184) or the more expensive hard sauce.

203—Hard Sauce.

1 large cupful of powdered sugar.
1 small cupful of fresh butter.
Grated nutmeg.

Soften the butter but not melt it. Stir it and the sugar together to a cream as in making cake. The more it is stirred (if in a bowl or dish and not in tin) the whiter it becomes. Spread it on a dish and grate nutmeg on top. Keep it cold until wanted.

Good for all kinds of puddings, and can be colored pink by adding while steaming a little red fruit juice.

204—Covered Lemon Pie.

Cheapest kind, as made by the bakers. No eggs needed.

8 ounces of sugar—1 large cupful.
3 ounces of flour—1 small cupful.
1 lemon.
1 pint of water—2 cupfuls.

Grate the rind of the lemon into a small saucepan, using a tin grater and scraping off with a fork what adheres. Squeeze in the juice, scrape out the pulp, chop it, put in the water and boil. Mix the sugar and flour together dry and stir them into the boiling liquor. When half thickened take it off and let finish in the pies.

The above makes two large pies or three small. It is necessary to be particular to get the right amount of flour. The mixture is pale yellow from the rind and sugar.

For the crust rub half a pound of shortening into a pound of flour, mix with cold water and roll out three times. Put top as well as bottom crust on these pies.

205—Ice Cream With Pure Cream.

1 quart of cream.
12 ounces of sugar.
Flavoring extract.

Mix, whip the cream partly to froth, pour into a freezer that will hold twice as much, freeze it quickly, and if in a common freezer turned by hand beat it up light afterward, cover down and let freeze again.

MENU NO. XXI—DINNER.

206—Cauliflower Cream Soup.

1 quart, more or less, of soup stock.
1 pint of rich milk.
1 pint cupful of cooked cauliflower.
1 tablespoonful of minced onion.
½ blade of mace.
1 tablespoonful of butter.
Salt and white pepper or cayenne.
1 tablespoonful of minced parsley.

Cauliflower left over from a previous dinner can be used.

The clear white broth that has had an old fowl boiled tender in it is best for such a soup as this. Any pieces or bones from the breakfast or dinner meats may be put into the stock pot with it to make it richer. Also add the scrap of mace and a small allowance of any soup vegetaoles at hand. The cauliflower is to be the principal article. If to be cooked for the purpose, pick the cauliflower into little branches and boil it separately in salted water nearly or quite half an hour.

Strain off a quart of the stock clear and free from grease into a saucepan, boil it with the minced onion in it, mash about half of the cauliflower and put in, boil the milk and add that, season with pepper and salt, thicken, if not thick enough already, till it looks like thin cream, with flour-and-water thickening, add the butter, the balance of the cauliflower branches whole as they are, and the green sprinkling of pastry.

207—Bluefish Stuffed and Baked.

Scale and cleanse the fish, clip or chop off the fins, and that it may be easy to serve in good shape drive the point of a knife into it through the bone where the portions are to be taken off. Dry the fish inside and out with a clean towel, fill the inside with the bread stuffing of the following recipe, sew it up and lay it in a baking-pan. Put into the pan beside it a slice of pickled pork, a small piece of onion, some salt, drippings or butter and put enough water to keep the pan from burning. Bake the fish from half to three-quarters of an hour, basting frequently. Butter in the pan gives the best color and makes the best gravy. When the fish is done take it up on two batter-cake turners and place it on its dish, then make gravy in the pan in the usual way, add pepper and strain it for sauce. Serve some of the dressing with each portion in lieu of potatoes.

208—Bread Stuffing for Fish.

2 pressed-in cupfuls of bread crumbs.
A sprinkling of thyme and savory.
1 teaspoonful of mixed salt and pepper.
1 small cupful of minced suet.
1 small cupful of warm water.
1 egg.

Mix all together in a pan. Let the dressing have a decided seasoning of pepper, which improves the flavor of the fish.

209—Squab Pie.

6 fledgeling pigeons.
4 ounces of butter.
1 quart of broth or water.
Flour, pepper and salt.
1 pound of pie crust.

The squabs can be picked dry, but a little easier if scalded. Singe and draw, splitting them down the back first, like broiling chickens, and then cut in halves. Wash and dry them, flatten a little with the side of the cleaver, pepper and salt and flour on both sides, then fry them slightly in the butter melted in the same baking pan the pie is to be made in.

When the squabs have acquired a light brown on both sides pour into the pan about a quart of broth or water and set in in the stove that they may stew tender while you make the crust. See whether the flour on the birds has thickened the liquor sufficiently, and add salt and pepper. Cover with a thin sheet of dough and bake twenty or thirty minutes longer.

The short paste, as made for lemon pie, No. 204, is good for all sorts of meat pies; but for a handsome family dish to be set on the table whole a covering of well-made light and dry puff paste is not too good. There should not be enough gravy in the dish, however, to reach the paste while baking, as it would prevent it from rising, but the reserved portion can be poured in when the pie is done. For a family pie of this sort the birds, of course, have to be transferred from pan to dish before the crust is put on.

210—Stewed Tomatoes.

Put the tomatoes in a pan and pour boiling water over to scald the skins. Let stand till cool enough to handle, then peel them. Place the peeled tomatoes in a colander that some of the surplus liquor may drain away, after that set them over the fire in a saucepan and break them up with a spoon. Season with pepper and salt; let stew awhile, and add a few fine bread crumbs if desired. The bread addition is only a device to thicken the vegetable, and many people prefer to omit it and make the tomato thick enough by draining first and stewing down.

211—Floating Islands.

Small sponge cakes sliced, the slices spread with fruit jelly, placed in ice cream saucers and rich boiled custard poured in to float them, and a spoonful of whipped cream piled on top. The best may be made by the following recipes:

212—Italian Cakes.

Make sponge cake mixture like No. 151, by the same mode, with ingredients as follows:

14 ounces of granulated sugar.
12 eggs.
10 ounces of flour.
1 teaspoonful of cream of tartar.
Lemon extract to flavor.

When the eggs and sugar have been beaten up to more than twice their original bulk beat in the cream of tartar, flavor, and lightly stir in the flour. Drop portions of the batter on sheets of paper, either with a teaspoon or through a cornet made of a sheet of paper pinned to shape and the point clipped off. As soon as the sheet is full sift powdered sugar all over the cakes. Then take hold of two corners of the sheet of paper, shake off the surplus sugar and put the sheet of cakes on the baking pan. Bake in a slack oven until light brown. Take off the paper by moistening the under side with a brush dipped in water.

These cakes are for the cake baskets, to have jelly spread between twos, to line molds for charlotte-russe and for floating islands, etc.

213—Wine Custard.

1 quart of rich milk.
12 yolks of eggs.
12 ounces of sugar.
1 cupful of sweet wine.

Boil the milk with about half the sugar in it. Beat the yolks with the rest of the sugar until light and thick, pour the boiling milk to them, set on the fire again and let it thicken, but take off at the first sign of boiling, as it will curdle if allowed to get too hot. Strain the custard, and when cold add wine or maraschino for flavoring. Serve ice cold in custard cups or glasses, or in a large glass bowl with jelly cake floating in it, and whipped cream on top, or in saucers with small, round Italian cakes in the same way, but in individual style.

214- Frozen Strawberry Punch.

1 quart of strawberries—red, ripe and sweet.
1 pound of sugar.
3 cupfuls of water.
1 cupful of sweet wine.

Cover the strawberries with the sugar and let remain some time to form a thick red syrup. Pick out a few of the berries to be mixed in the ice at least. Rub the rest through a strainer into the freezer with the syrup and add the water and wine. Freeze as usual. This is punch frappe; but if to be a la Romaine whip the whites of three eggs to a firm froth and mix them in after freezing and beat up well. In either case mix in the reserved berries lightly just before serving. They are not good if hard frozen in it. Serve in glasses.

MENU NO. XXII---SUPPER.

One of the odd institutions of the city, is a "Chicago Mush Company," brought into being, of course through the dislike people have of doing their own cooking, or, perhaps, the inconvenience of carrying on prolonged operations like that of cooking cornmeal till thoroughly done. The "Mush Company" furnishes the retail stores with pans of cold mush, presumably well-cooked by steam, marked into five-cent blocks, and ready for the purchaser either to warm up with water, or slice and fry. Some people will still, probably, continue to make their mush at home.

Mush or porridge of cornmeal is by no means the peculiarly American dish it is generally supposed to be, the corn-raising peoples of Europe making it not only in its simple form but in dishes of considerable pretentions, under the name of polenta, mixed with cheese, with meat, with herbs and mushrooms and even with truffles, and baked, fried, steamed in shape, and made the most of in every way.

Well cooked mush is one of the things most rarely met with, but when to be had, made as good as it can be, is found at public tables to be in better demand than many articles of food that cost ten times as much.

215—Corn Meal Mush.

2 quarts of water.
12 ounces of corn meal—2 cupfuls.
1 rounded tablespoonful of salt.

Where the mush has to be made on a cook stove, a cast pot with feet, to raise the bottom an inch from the fire, is the best vessel to use. It lessens the tendency to burn and reduces the waste if the inside is brushed over with a touch of lard or drippings. Put the salt in the water, boil, and sprinkle the dry meal in with one hand while you beat with an egg-beater or spoon in the other. Put on the lid, and let simmer with the steam shut in for about three hours.

Double the quantity needed for one meal should be made and half put away to become cold to fry. For this purpose very slightly grease a pan, press the mush in evenly, and slightly brush over with melted lard again. No matter how little the grease, it prevents the formation of a crust by drying on top.

Each quart of cold mush will cut into about ten slices or blocks for frying.

216—Smoked Haddock, or Finnan Haddies.

The favorite way of cooking, when it is cooked at all, is by broiling. Brush the fish over with butter and pepper it well, then broil or toast until it is cooked through. But it is equally good this way: Pour boiling water over the fish from the tea kettle, take it out of the water, lay it in a baking pan, brush over with a little butter, pepper it well and bake in a hot oven about eight or ten minutes.

217—Broiled Liver.

Slice the liver thinly, pepper and salt the slices, dip them in a little melted drippings on a plate and broil in the wire toaster over a clear fire. Where there is no convenience for broiling over coals the slices, after being dipped, may be laid in a baking pan, baked on the top shelf in the stove oven, and when the top is browned turned over, and the liver will be as good as if broiled, much better for a supper dish than if fried in fat, and not needing bacon to make it palatable.

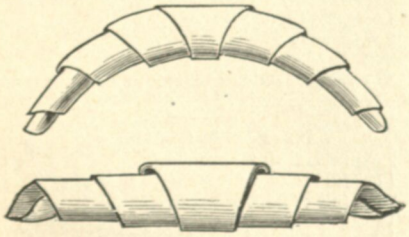
218—Vienna Rolls.

2 pounds of flour.
2 cupfuls of milk.
½ cake of compressed yeast, or ½ cupful of pstato yeast.
2 teaspoonfuls of sugar.
2 teaspoonfuls of salt.

Make the milk lukewarm and dissolve the yeast in it. Set sponge at 9 in the morning, at noon add the salt and sugar and make up stiff dough. Let rise till about 4. Then work the dough well on the table by pressing out and folding over.

Roll out the dough in one large sheet as thin as you can, which will be about the thinness of a dinner plate edge; then, measuring with your hand, cut the dough into strips or bands as wide across as your hand is long. Cut these again into triangular pieces for rolls, not equal sided but long and narrow triangles. Roll these triangular pieces up, beginning at the broad bottom end, and the point will come up in the middle, and there will be a spiral mark around from end to end.

Give each roll a few turns under the hands to smooth it and place it on the frying pan in the the form of a crescent—just the shape and size of the new moon. Brush over with water or melted lard. Let rise in the pans about half an hour and bake about ten minutes.



VIENNA ROLLS.

219—Baked Apples.

10 apples.
4 ounces of sugar.
Butter size of an egg.
Half-cup of water.
Grating of nutmeg.

Cut off a slice of paring from the top and bottom of each apple, core, but do not pare them, place in a pan, put the sugar in the core holes and the nutmeg and butter on top, add the water and bake and baste frequently with their own syrup till done. The syrup at last should be thick as jelly and may be served with the apples. A bright pan or dish should be used. A sheet of greased paper laid on top will keep the fruit from blistering and blackening before it is baked through.

220—Sponge Gingerbread.

8 ounces of molasses—a teacupful.
3 large tablespoonfuls of sugar.
4 ounces of butter—a teacupful, small.
1 cupful of milk.
3 eggs.
1 large teaspoonful of ground ginger.
1 large teaspoonful of baking powder.
1 pound or quart of flour.

Melt the butter in the milk made warm, and pour them into the molasses and sugar, mix, add the eggs, the ginger and powder, and lastly the flour.

It is a great improvement to beat the cake thoroughly with a spoon. It is too soft to be handled. Spread it an inch thick in a buttered pan or mold. Bake twenty or thirty minutes.

221—Brown Ginger Cookies, Good Common.

Quarter pound of butter.
Quarter pound of sugar.
Quarter pound of black molasses.
2 eggs.
1 tablespoonful of ground ginger.
Quarter cupful of water.
2 teaspoonfuls of baking powder.
1 pound or quart of flour, or enough to make soft dough.

Mix the ingredients in the order they are named in, roll out and cut with a small cutter.

MENU NO. XXIII---BREAKFAST.

220—About Breading.

Breading an article consists in making either fine bread crumbs or the meal of crushed crackers, or sometimes corn meal adhere to the surface while it is fried, giving it a crisp coating. It is usual to dip the article first in egg or egg and water, but experienced cooks have several other expedients to save eggs, such as dipping in the flour and water batter, or in cream sauce, or, when the thing to be breaded is a croquette containing eggs already by balling them up in cracker meal without dipping at all.

Where the time is not worth more than the material, the dry slices of bread left over should be dried to a crisp in a warm place, then rolled or pounded fine and run through a sieve. Rolls and gems containing sugar will not answer for the purpose, the crumbs soon turning too dark in the frying. The use and intention of breading meats and fish is to inclose the juices and flavors

in the crisp envelope of egg and crumbs, to accomplish which the articles must be dropped into clear lard or other fat that is hot enough already to hiss sharply when a drop of water touches it. The fat is too hot when it smokes, so that the smoke can be seen, and will discolor anything attempted to be fried in it. If properly done, breaded fish and cutlets come out as dry and free from grease as the crust of a loaf.

Sometimes, when potato croquettes or croquettes of chicken or rice, or codfish balls and the like are made accidentally too soft to be fried by merely rolling in flour, they can be finished very satisfactorily by rolling in egg and crumbs.

221—Eels Breaded and Fried.

Eels, eel-pouts, and similar fish can always be had ready skinned for cooking, in the market. Eels of large size should be split length wise, and the bone taken out, which is done by pressing the fish on the table with one hand while the knife in the other is guided by the spine bone and run along horizontally on both sides of it.

Then cut the strips into three-inch lengths, dredge with pepper and salt, dip each piece in an egg beaten with half as much water, then in the cracker meal—with care not to rub and make bare spots, which will spoil the breading—and when the lard is hot drop them in and fry about five minutes. Garnish with parsley either plain or fried and serve with potatoes.

222—Saratoga Chip Potatoes.

Potatoes sliced thick are not Saratogas though generally so called. The true chips are as thin as paper and curl up when fried. They are used cold as well as hot, and may be prepared before wanted and kept a considerable time. It is necessary to have clean fresh lard and potatoes of good quality to get Saratoga chips of good color and the proper crispness. They should be put in before the lard gets very hot, have time to dry out in it, and when yellow should be drained in a colander, set in a pan and salt sprinkled over.

223—Broiled Liver and Bacon.

It is too wasteful and untidy to broil the bacon, unless in the restaurants, where the customers are charged for the waste. Half the bacon goes away in fat and flames. Fry the slices in a small frying pan, dip the liver in the fat, lay it on the broiler over clear coals, pepper and salt while it is cooking, and serve a slice of the fried bacon on top of each piece.

224—Fried Mush.

The mush put away in a can over night can be turned out on to the table after setting the pan a moment on the stove top to warm. Cut blocks or slices, dip them in egg and then cover with cracker meal or fine bread crumbs and drop them into hot lard or drippings.

225—To Fry Mush Without Breading.

Roll the pieces in flour and let them lie in it a while to become well coated, then drop them into lard or drippings that is hot enough to brown the outside instantly.

Thin slices may also be rolled in flour and browned on a greased cake griddle.

226—Wheat Muffins.

These are very fine and well worth knowing how to make.

1 pound of light bread dough.
Butter size of an egg.
1 basting spoonful of milk.
1 teaspoonful of sugar.
2 yolks—or 1 egg.
1 ounce of flour.
Little salt.

Take the piece of dough—about two large cupfuls—from your light bread that was set to rise over night. Two hours before breakfast work in the ingredients named and beat the stiff batter thus made against the side of the pan until it is very elastic and smooth. Let rise in a warm place about an hour.

The muffin rings should be two inches across and one inch deep. Grease them, set in a greased pan, half fill with the batter, which should be thin enough to settle down smooth, but thick enough not to run under the rings; let rise half an hour, bake ten minutes in a hot oven.

227—Muffins from the Beginning.

When there is no dough ready made the muffins can be mixed over night with these ingredients and thoroughly beaten in the morning:

2 heaping cupfuls of flour.
1 small cupful of yeast and water.
Butter size of an egg.
1 teaspoonful of sugar.
2 yolks of eggs.
Salt.

The batter should be too soft to handle, yet not thin enough to run.

228—Corn Batter Cakes.

2 cupfuls of white corn meal.
1 cupful of flour.
2 cupfuls of milk or water.
1 egg.
1 bastingspoonful of melted lard.
A little salt.
1 teaspoonful of baking powder.

Make a hollow in the middle of the meal and flour, put in all the other ingredients and stir up smooth.

When there is no milk to mix up with add a spoonful of syrup to make the cakes brown easily on the griddle.

It is practicable to bake batter-cakes without

greasing the griddle. It need only be rubbed with a cloth after each baking.

229—Chocolate.

1 quart of milk and water.
1 ounce of chocolate.

Boil the milk and water in a small, bright saucepan. Scrape down an ounce as marked on the half-pound cakes of common chocolate, throw it in and beat with a wire egg whisk about one minute, or till the chocolate is all dissolved. Send it in as soon as made, if practicable; but if kept on hand set it where it will keep hot, but not boil.

MENU NO. XXIV.—DINNER.

232—Tomato Soup.

2 quarts of soup stock.
1 cupful of stewed tomatoes.
1 small cupful of minced vegetables.
6 cloves.
1 tablespoonful of minced parsley.
Salt and pepper to taste.
Little flour thickening.

The soup stock may be the liquor in which a piece of beef or mutton is boiled for dinner, with the addition of other raw scraps and pieces, such as the bones and gristly ends of a beefsteak. An hour before dinner time take out the meat and strain the stock through a fine strainer into the soup pot. Cut a piece of carrot, turnip and onion into small dice and throw in and let cook till done, add the cloves and cup of tomatoes, pepper and salt, thickening and the parsley at last.

It is generally considered a reproach to say the soup is thin, and our people have to be educated up to the appreciation of the thin soups of the French. A proper medium should be observed. A spoonful of flour gives the smoothness and substance required without destroying the clearness of the soup.

Tomatoes stewed down after seasoning with salt, pepper and butter, are a different article from the freshly prepared and impart a new richness to soup.

233—Fried Bass with Bacon.

Scale and clean the fish, chop off the fins, and if small cook them without cutting; if large, split them lengthwise and cut across making four.

Pepper and salt the pieces, roll them in flour and let lie in it until the last; drop them into a pan of hot lard and let fry from five minutes upward according to size.

Fry a slice of breakfast bacon for each piece of fish in another pan and send in the bacon on the fish and a garnish of parsley and plain boiled potatoes.

234—Boiled Beef with Horseradish.

A fat, unctuous, gristly piece of the brisket or "plate" is best for this, or the rib ends that are sawn off a rib roast. Boil it slowly for at least three hours; have a little salt in the water (which is afterwards to be used to make soup). Grate or finely scrape down a stick of horseradish, put it in a bowl with vinegar and water enough to cover, and use it for sauce.

235—Larded Liver with Onions.

Calf's liver is the best. Take a piece of liver and about one-third as much bacon or salt pork. Cut the bacon into strips about the size of a pencil and draw them through the liver with a larding needle, or if no needle is handy push the strips of bacon, cut pointed, into holes made with a narrow knife or a steel. The closer the strips and the more of them the better, and let the larding be done so that the slices can be cut across it after cooking; place the liver in the oven in a baking pan with a little drippings and a greased paper laid on top to keep it moist, and cook half an hour or more, according to size. Serve in slices either with roasted onions (No. 187) or fried onions, or a mild onion sauce poured under.

236—Cauliflower in Cream.

Cauliflower takes from half to three-quarters of an hour to cook done. It should not boil rapidly enough to destroy the small flowerets. Try the stems with a fork and take off when tender. A lump of baking soda the size of a bean in the water will hasten the cooking without injuring the vegetable.

Divide the cauliflower into portions of convenient size before cooking, and when drained and dished up pour a spoonful or two of good, strained cream sauce (No. 166) over each portion.

237—Egg Plant Plain Fried—(Sauteed.)

Slice the egg plant, without paring, into five or six, throwing away only the end parings. Boil the slices in salted water a few minutes to extract the strong taste, drain them, and while still moist dip both sides in flour, then fry brown in a fryingpan with a little drippings. They are served as a vegetable, like fried parsnips, etc.

238—Macaroni with Tomatoes.

4 ounces of macaroni.
1 ounce of grated cheese.
½ cupful of thick stewed tomatoes.
½ cupful of brown meat gravy.
Salt and pepper.

This is a favorite way with the Italians. The dish need not be baked. They simply boil the macaroni and then make it rich, not to say greasy, with the other articles and gravy from the meat dishes.

Break the macaroni into three inch lengths, throw it into boiling water and let cook twenty minutes. Drain it, put it into a baking pan, mix in the grated cheese, the tomatoes, the gravy, salt and pepper and, if necessary, a lump of

butter. Mix up and let simmer together about half an hour, either in a slack oven or on the stove hearth. It will be all eaten if not made too strong flavored with tomatoes or too salt—the common mistakes.

239—Spanish Puff Fritters.

At No. 33 we had queen fritters, or puff fritters of a rather plain sort. This variety is sweet, and the harder to fry without burning, but is rich and round-shaped.

½ pint of water—1 cupful.
3½ ounces of butter—½ cupful.
2 tablespoonsful of sugar—1½ ounces.
5 ounces of flour—a heaping cupful.
3 large eggs.
1 teaspoonful of vanilla extract.

Boil the water with the sugar and butter in it in a deep saucepan. Drop in the flour all at once and stir the mixture over the fire till you have a firm, well-cooked paste. Take it from the fire and work in the eggs one at a time with a spoon, and beat the paste well against the side of the saucepan. Add the vanilla with the last egg.

Drop pieces as large as guinea eggs into hot lard in a saucepan and let fry slowly. Only four or five at a time, as they expand after a few minute's cooking and need all the room. Serve either with powdered sugar sifted over or a rich pudding sauce. (No. 34.)

240—Sliced Apple Pie.

Use this way only the best ripe cooking apples. Pare and core and slice them thin across the core hole, making rings. Fill paste-lined pie pans about two layers deep. Thinly cover the apple slices with sugar, and grate nutmeg over. Put in each pie butter the size of a walnut and a large spoonful of water. Bake without a top crust slowly and dry. The apples become transparent and half candied.

241—Baked Indian Pudding.

This is the richest of cornmeal puddings, and everybody's favorite.

1 quart of milk or water.
6 ounces of corn meal—a teacupful.
5 ounces of butter—a teacupful.
1 small teacupful of black molasses.
1 small lemon, juice and grated rind.
6 eggs well beaten.

Butter the bottom of a kettle and make mush in it of the milk and meal, and let it simmer with the steam shut in an hour or two. Then mix in the other ingredients and bake about half an hour.

242—Lemon Sherbet.

1 quart of water.
1 pound of sugar.
2 large lemons.
3 whites of eggs.

Grate the rinds of the lemons into a bowl and squeeze in the juice. Make a boiling syrup of the sugar and half the water and pour it hot to the lemon zest and juice and let remain so till cold, or as long as convenient, to draw the flavor. Then add the rest of the water, strain into a freezer, freeze as usual, and when it is pretty well frozen whip the whites to a froth, mix them in, beat up and freeze again.

243—Small Cream Cakes.

Make the cheap, but excellent and very useful cake mixture at No. 36. Slightly grease some baking pans and drop the batter by tablespoonfuls to form little round cakes. Sprinkle granulated sugar on top of each one. Bake in a slack oven. The cakes run out rather thin and delicate and should have plenty of room. Take off with a knife when cold and place twos together with pastry cream (No. 54) spread between.

MENU NO. XXV.—TEA.

244—Salt Mackerel Boiled.

There is as much difference between mackerel boiled soft and boiled hard as between eggs similarly cooked. If you would have mackerel tender, as well as of good color, put it on to cook in cold water and take it off as soon as it begins to boil. It is best if it can be cooked to order, or only as wanted, as it becomes hard and curls out of shape with standing long in the water. Mackerel looks best if cut across, not lengthwise, each fish making three portions. Dish the skin side up and a spoonful of melted butter over it.

Mackerel put in water to freshen will hardly keep sweet twelve hours unless ice water be used or the vessel set in the refrigerator. It should remain in water at least twenty-four hours, and be changed once or twice. After that if any are wanted to broil, they should be hung up to dry one meal ahead.

245—Salt Mackerel Broiled.

Divide the fish lengthwise, and, if of the largest size, again into quarters. Broil over clear coals, or toast before the fire in the hinged wire broiler, browning the inside first. Serve the brown skin side uppermost, with a spoonful of melted butter poured over. It should cook in five minutes.

246—Calf's Liver a la Brochette.

Take a thin slice of liver and one of breakfast bacon for each person and cut them into little square pieces as nearly of one size as may be and place them on tinned skewers, a piece of liver and a piece of bacon alternately till the skewers are full. Dredge with pepper, place them in a dripping pan in the oven, turn them over two or three times while they are cooking and when done place the liver and bacon on long pieces of buttered toast already in a dish, hold in place with a fork while you draw out the skewers, then send it in.

247—Potted Veal, or Veal Loaf.

We have to make such minced dishes as this by rule and measure, lest they be too soft to slice when cold or too much the other way to be good eating:

6 ounces of mixed cold veal—a cupful.
1 ounce of bacon or knuckle of ham.
1 ounce of butter.
1 egg.
Salt, pepper, grating of nutmeg, and little lemon juice.

Shave all the outside off the cooked veal (or other white meat) before mincing it. Add a thin slice of raw bacon and a few shreds of cooked lean ham, if convenient, for flavor, and when all are finely chopped add the rest of the ingredients and season well with pepper. Make up in a little loaf shape, smooth it over and bake in a dripping pan about half an hour. It may be eaten hot with gravy or kept and sliced cold for tea or supper.

Various kinds of sausages are made with part cooked meat and part raw, and with additions of bacon or ham and powdered bay leaf for seasoning. When cold meat is minced there must be a binding ingredient added, else it will fall apart in the baking and be unsavory eating. The preceding recipe requires an egg. This is very nice, and firmer to slice with half raw meat and no egg.

248—Veal Loaf, or Potted Veal.

4 ounces of cooked meat.
4 ounces of raw veal.
1 ounce of raw fat bacon.
Shreds of lean ham for flavoring.
A pinch of powdered bay leaf.
Salt and pepper to taste.

Mince and mix all together; make up in a ball and bake half an hour. To be eaten either hot or cold.

249—Cauliflower Salad.

Take cauliflower left over from dinner, or else pull a head apart into suitable sized bunches, and boil them in salted water about three-quarters of an hour, drain and set away to get cold. Then put it into a bowl containing the following salad dressing, and when to be served dip out the pieces well coated with it and place them neatly in a pile on a flat dish and ornament the edges.

250—Salad Dressing Without Oil.

½ cupful of vinegar.
⅛ cupful of water.
⅛ cupful of butter—3 ounces.
⅛ cupful of yolks of eggs—5 yolks.
1 tablespoonful of made mustard.
Salt and cayenne.

Boil the vinegar, water, butter and salt together in a bright saucepan, beat the yolks, and add to them some of the boiling liquid, then pour all into the saucepan, stir rapidly, and in a few seconds, or as soon as the mixture becomes thick and smooth, like softened butter, take it from the fire. Add the mustard and cayenne, and make it ice cold for use.

251—Sally Lunn Tea Cakes.

20 ounces of light dough—about 3 cupfuls.
2 ounces of butter—⅛ cupful.
2 tablespoonfuls of sugar.
1 whole egg and 1 yolk.
¼ cupful of milk.
1 cupful of flour—4 ounces.

Take the dough either from the rolls or bread or procured from the baker's, at about 1 or 2 o'clock, and work in the enriching ingredients, then add the flour and beat thoroughly. It makes dough too soft to be kneaded, and like fritter batter.

Rise 3 hours. Beat again. Divide it into 2 pie pans. Rise half an hour. Bake about 15 minutes. Brush over the top with a little good butter. Cut in pieces like pie, but carefully with up and down strokes with a sharp knife, not to crush the spongy cake. Serve hot.

Excepting only ice cream the pastry cooks produce nothing that is so unusually acceptable as the charlotte russe. Everywhere, from the places of the grand banquets to the shops where it is exchangeable for a 5-cent piece, it is seen constantly in one form or another. There are several varieties to be made in this article, and since it must appear and is welcome often, we may go a little out of the way to avoid the ready-made appearance of the shop article in these we make ourselves. The prime necessity for making charlotte russe is commonly supposed to be pure sweet cream. Nevertheless it is not difficult to do without that scarce article. A few months ago a pastry cook from Chicago was sent for to take a situation in a hotel in another city some 600 miles away, his fare and expenses paid, and he went prepared for work. Yet before a week had passed he was back in Chicago again—could not work there. There

were small obstacles in the way, such as the lack of a suitable oven, but the great, insurmountable difficulty that caused him to travel over 1,200 miles for nothing and squander his cash getting home again was, they wanted him to make charlotte russe without cream. Yet, the other day I went into the pastry room of one of the largest Chicago hotels and saw there over 150 individual charlottes standing ready for the dinner, and being apt to observe such things I thought a large number were slightly different in the color of the cream from the others and looked firmer, and the pastry cook guessing my question said: "I hadn't enough cream, and had to make a cream for the rest." So it shows there are ways of making charlotte russe both with and without cream, which it will be useful to know, for the solid fact of the matter is that at public tables the charlottes filled with the various made creams, if they are well and delicately made, are received every whit as well as those filled with pure whipped cream; it is rather a matter of more or less trouble in making than a question of difference of quality. In this and the three or four menus next to follow we will show the various ways of making charlotte russe.

252—Charlotte Russe.

Individual size. White cake cases filled with yellow cream. For the cake take

10 ounces of granulated sugar.
12 ounces of white of eggs—13 whites.
6 ounces of flour.
2 large teaspoonfuls of cream of tartar.
Flavoring of vanilla extract.

This is a very delicate white sponge cake. Have the ingredients all cold to begin with. Put the sugar and white of eggs into a brass kettle or deep pan and beat them together with the wire egg whisk for about twenty minutes. If bealen rapidly in a cool place the mixture will then be like good cake frosting. Then add the cream of tartar and flavoring and beat a minute longer, then lay aside the whisk and stir the flour in with a spoon. As soon as the flour is mixed out of sight it is ready and should be baked immediately.

Lay a sheet of manilla paper on the largest baking-pan and spread the cake batter on it only deep enough to hide the paper. Bake about five minutes. Lay the sheet-cake downwards on the table, wet the paper and take it off. Cut the cake into pieces that will fit inside your tin muffin rings as linings, and small pieces to form the bottoms. Small tumblers or cups may answer as well where there are no suitable rings. Then make the filling.

253—Roman Cream.

1 pint of milk.
5 ounces of sugar.
1 ounce of gelatine—light weight.
Small piece of stick cinnamon.
½ cupful of thick cream.
6 yolks of eggs.
½ cupful of curacoa, or a wine substitute.

Set the milk over the side of the fire, with the sugar, cinnamon and gelatine in it, and beat often with the wine egg whisk till the gelatine is all dissolved, which will be at about the boiling point. Beat the yolks light, mix them in like making custard, allow a few moments for it to thicken but not boil, then strain into a tin pail or a freezer and set in ice water; when nearly cold whip the cream to froth and beat it in and add the curacoa or other flavoring; fill up the charlotte cases and set them in the refrigerator to remain till wanted.

When to be served take the charlottes out of the tin rings; the cream being set will hold them together.

The preceding white sponge cake mixture will be enough for half a yard square of sheet cake, and a small cake in a mold beside.

Where there is no cream whatever to be used for the purpose after beating up the gelatine cream quite light as it cools whip the whites of three eggs to froth and mix in by beating. Pour it into the cases while fluid enough to run into the form. The same cream can of course be set in molds without cake.

MENU NO. XXVI—RECEPTION.

254—Consomme With Green Peas.

3 quarts of rich seasoned soup stock.
1 cupful or a can of French peas.

To make stock, as it is called before it is strained, two plump young chickens should be boiled in a gallon of water along with some broken up veal bones and a piece of gravy beef, etc., the chickens to be taken out within an hour to be used for patties or salad. Throw into the stockpot after that a teaspoonful of bruised peppercorns, a small bay leaf, half blade of mace, a bunch of soup herbs and bunch of parsley. When the stock has simmered about three hours strain it first into a deep vessel such as a tin pail or jar, skim it free from grease, pour it without the sediment through a broth napkin spread in a colander or through a jelly bag twice over to get it as clear as possible. Then boil it up again in a clean vessel, add salt to taste, a tablespoonful of starch mixed with water, a little burnt sugar to make the consomme of the color of strong tea; then wash the green peas in a strainer under the hot water faucet, and add them to the consomme just before serving. The peas must be really green. They have a pretty effect in the rich, brandy-colored liquor, in which they will hardly sink. (See Nos. 118 and 131.)

255—Chicken Patties, or Bouchees a la Reine.

1 pint cupful of chicken cut in dice.
1 pint cupful of rich cream sauce.
Seasonings.
Parsley.
Vol-au-vent patty cases.

Pick the meat from one or two boiled chickens, cut it into long strips and then across into small dice. Put it into a saucepan, season with white pepper or cayenne, a grating of nutmeg, the juice of half a lemon, salt and an ounce of butter. Next pour over it the cream sauce, No. 166, and let it gently simmer at the back of a range or on a brick on the range top till time to dish up, then fill the patty cases with it. If there is no cream sauce ready, it amounts to the same thing to add a pint of rich milk and a spoonful of thickening to the chicken, care being taken not to make it pasty, nor yet so thin that the sauce will run out of the patties.

256—Vol-au-Vent Patty Cakes.

These are shells of pastry baked without the fillings, opened and the meat, etc., put in afterward.

Roll out a piece of puff paste (No. 53) to about a quarter of an inch in thickness, cut out flats with a large biscuit cutter, then take a small cutter and cut nearly but not quite through the middle of each one and bake on a pan in a brisk oven. The paste rises and the inside cut becomes a lid that may be lifted out with a knife point. Remove the surplus paste from the inside, fill with the prepared chicken, put on the lid and ornament with a sprig of parsley.

Proper cutters for these patties are double, the inside cutter edge being lower than the other, so that it does not cut clear through; and the shape may be oval to fit a dish, or any other shape. A round tin cutter may be bent to cut an oval patty.

But where large numbers are made there is something slightly exasperating in the primness of these little pies with their little lids, especially when they are cut with a scalloped edge cooky cutter, and to get away from their prettiness we often cut out oval flats, quite thin, without any inside cut, brush them over with egg and water, bake and then split them with a knife, place the spoonful of minced chicken on the bottom piece and the top crust on top.

257—Frogs' Saddles on Toast.

While the supply of this delicacy is becoming greater every year, frogs are still sufficiently high priced to be accounted an article of luxury. It is very probable that in the course of time the frog will take the place in the summer left void by the long vacation of the oyster.

There are two varieties of frogs in market, the small ranging in price from about 30 cents to 50 cents per dozen, and the large at about $1 to $1.50 per dozen. The prices take a wide range and these common figures are only intended to apprise the buyer of the different values of the two sorts. A restaurant order requires six of the small saddles for each person, while two of the large kind are sufficient and contain more meat. Only the hind quarters or saddles of frogs are used. Those who would be extremely nice in their preparation parboil them a few minutes in the same kind of stock that fish is boiled in, that is water with salt and a little vinegar in it, and then take them out and cook them in the various ways. Commonly at the restaurants they are treated simply as spring chickens—steeped in cold water till wanted, then breaded and fried, broiled, stewed, or otherwise prepared.

Take the saddles out of the water or out of the boiling liquor, as the case may be, and roll them in flour, then in an egg (beaten a little, with a spoonful of water added), and then in cracker meal, giving them a good coating, pressing but not rubbing off the breading, which will not stick a second time. Fry in a pan of hot lard from four to six or eight minutes.

Cut large square slices of buttered toast across diagonally, making triangular pieces; place two on a dish, the broad bases together in the middle and points at the ends of the dish, and frogs on the toast in corresponding manner. Ornament with cut lemons and parsley. Large dishes have the frogs placed overlapping down the middle like cutlets.

For a private party prepare fringed spiral paper handles before the frogs are cooked, and slip one over the end of each pair of bones placed together similarly to the fringed paper handles on lamb cutlets. Directions for making these papers will be found at another place.

258—Stewed Corn and Tomatoes.

Boil twelve tender roasting ears in salted water till the milk is set—about fifteen minutes—then cut the corn off the cob. There will be about a heaping pint, according to the size of corn.

Take three cupfuls of peeled tomatoes, cut them in small pieces, season with salt, pepper and butter, and let simmer on the shelf or back of the range, or on a brick on the stove top, till they are reduced to two cupfuls. Then mix the corn and tomatoes together, and keep them slowly cooking till wanted. Serve as a vegetable, hot.

259—Fried Macaroni—Genoise.

4 ounces of macaroni.
3 ounces of cheese.
1 egg and cracker meal for breading.

Take the best macaroni in pound papers; break the sticks only once in the middle. Throw a quarter of a pound into salted water that is

already boiling, and let it cook twenty-five minutes.

Mince the cheese fine. Drain the macaroni and mix the cheese with it while it is hot, that the cheese may be melted in it. When cold, or nearly so, dip each string of macaroni separately into the egg (beaten a little with a spoonful of water added) and then in cracker meal. A short time before it is to be served make some fresh lard hot in a frying-pan, drop in the macaroni and fry about one minute. Drain in a colander, cut the strings in two, pile loosely on a dish; serve very hot.

260—Egg Salad.

Border of green, sliced hard-boiled eggs in the center and salad dressing poured over.

Chop heart lettuce, if at hand, or else tender cabbage or celery, or a mixture, and season with salt, pepper and vinegar, and oil if liked, and place it with a teaspoon as a border on the dishes. Slice hard-boiled eggs and put four slices to each individual dish on edge leaning and overlapping in the middle of the green. Pour over the eggs, either the salad dressing, made without oil, or the mayonaise No. 68.

261—Cold Roast Ham.

Steep a small ham in cold water over night if convenient, wash the outside in warm water, put it on to boil and let it slowly cook about three hours. Take off the skin, trim around the knuckle bone, and if necessary to make a neat shape saw off the bone that protrudes from the thick end. Then bake it nearly half an hour. Take it out and press on to the brown surface all the cracker meal or powdered dry bread crumbs that can be made to adhere and bake again very carefully till the breading is handsomely browned all over. It may be necessary to baste the breading a little with fat enough to barely moisten it. When cold put a fringed paper on the clean knuckle bone and place the ham on its dish, to be sliced cold as wanted.

262—French Cream Puffs.

1 pint of water.
7 ounces of butter.
3 ounces of sugar.
10 ounces of flour.
6 eggs—or 7 if small.
2 teaspoonfuls of vanilla extract.

Boil the water with the sugar and butter in it in a deep saucepan. Drop in the flour all at once and stir the mixture over the fire till you have a firm, well-cooked paste. Take it from the fire and work in the eggs one at a time with a spoon, and beat the paste well against the side of the saucepan. Add the vanilla with the last egg. The more this paste is beaten the more the puffs will expand in the oven. Grease the baking pans and then rub them clean and bright. Place the paste in oval lumps like walnuts with plenty of room between, using a lady-finger sack and tube, or else a spoon and knife to shape them. Bake in a slack oven about twenty minutes. The puffs will be hollow. Cut them open at the side and fill with pastry cream, or, more suitably for these, with fruit jelly.

263—Glazed Eclairs.

The puffs of the preceding recipe dipped into sugar glaze of different colors and flavors.

264—Quickest and Easiest Icing or Glaze for Cakes.

8 ounces of fine powdered sugar.
2 whites of eggs.
Flavoring extracts.

Mix the sugar and whites together in a bowl by merely stirring them with a spoon, cold. Use part of it white and semi-transparent as it is, and add a drop of prepared cochineal or carmine to the rest, and also a teaspoonful of lemon juice to brighten the color. Dip puffs or eclairs and small cakes into the glaze, and allow them an hour in a warm place to dry. Flat cakes spread with a knife.

265—Yellow Glaze or Icing.

The same as preceding, but the sugar moistened with three yolks of eggs instead of two whites. Flavor with lemon.

266—Neapolitan Ice Cream, or Glace Napolitaine.

Three different colored ices placed in layers in a brick-shaped mold, and frozen solid enough to be cut in slices.

Neapolitan molds can be bought at the house furnishing stores. They are of about the size and shape of a cigar box; both top and bottom can be taken off; some have the top lid stamped in a fruit shape like a jelly mold.

There is no particular rule as to what kind of ices shall be used; they may be caramel ice cream, which is brown, or chocolate, coffee or burnt almond, or white pure cream or yellow custard, with a pink, red or purple fruit ice for the middle layer. For example:

Make the yellow boiled custard No. 153, but half the quantity may suffice. Also make the white ice cream No. 205, or a corn starch cream, quite white, and for the red make the following.

267—Concord Grape Ice.

4 ounces of ripe Concord grapes—a cupful.
1 pound of sugar.
1 quart of water.
Juice of one lemon.

Mash the grapes and sugar together raw, add the lemon juice and water, strain into a freezer

with all the pulp obtainable and freeze at once. The lemon juice brightens the color.

Small quantities like the preceding can be frozen in tin pails set in a freezing mixture of finely pounded ice and salt in a tub, if kept constantly in motion, though proper freezers, of course, are better.

When all three are frozen lay a sheet of thin paper on the bottom lid of the mold to make a tight fit; place the mold, spread in the three layers with a spoon evenly, put on paper, then the lid; fill the crevice along the edges of the papers with a little melted butter to keep out the salt water, then put the mold down in the freezing mixture, cover it well with ice and salt and let it remain two or three hours.

When to be served wash off the mold in cold water and wipe dry, take off the lids and paper and place the tri-colored brick of cream on a folded napkin on a dish, or on a silver dish having a perforated bottom drainer.

Where a large quantity of this fashionable ice is made to serve at dinners that last for hours the bricks are all taken out of the molds early, wrapped in manilla paper and packed in a large ice cream freezer, there to remain frozen until they are taken out one by one as wanted.

268—Angel Food.

The fanciful name for white sponge cake—the whitest cake made.

The angel food recipe was given sub rosa at No. 252. Having made the cake mixture as there directed, take bright tin molds having large inside tubes, and nearly fill without previously greasing them. Bake about twenty-five minutes in a slack oven. Let the cakes remain in the mold until cold, then shake them out. This cake is better when a day or two old than when freshly baked.

Make the quick icing, No. 264, and spread over the cakes.

269—Chocolate Puff Meringues, or Chocolate Kisses.

Make like cake frosting, No. 60, with chocolate mixed in.

8 ounces of granulated sugar.

3 whites of eggs.

2 ounces, or a little less, of grated chocolate.

A pinch of cream of tartar or other acid.

Vanilla flavoring.

Use common chocolate, and have it cold to grate. Beat the sugar and two whites together in a bowl with a wooden paddle for about fifteen minutes, when, if it has been kept cold, the mixture will be white and firm enough to draw up in points. Then add the other white and beat five minutes, then a pinch of acid or lemon juice, flavoring and the grated chocolate. Stir to mix. Drop pieces large as walnuts on baking pans slightly greased, and bake in a very slack oven. The baking is the critical part. They need heat enough to cause them to swell and become rounded and almost hollow, but not enough to melt or color. They will slip off the pans when cold.

MENU NO. XXVII—GENTLEMEN'S SUPPER

270—Little Neck Clams—Raw on Shell.

Wash the clams in water, using a brush, and wipe dry. Open, and loosen the clams from both shells. Serve five on a plate on the half shell with half a lemon placed in the center. Oyster crackers and a small dish of finely shred cabbage at the side

271—Andalusian Soup.

This is a brown tomato soup highly seasoned.

3 quarts of soup stock.

1 pint of dry stewed tomatoes—2 cupfuls.

1 cupful of minced soup vegetables, mostly onions.

1 small capful of butter.

The same of flour.

Seasonings.

Make the soup stock rich with stewing pieces of beef, cut small, and some veal or veal bones previously roasted brown to give it color.

Fry the minced vegetables in the butter in a frying-pan, and when the butter has become light brown mix the flour in and set the pan inside the oven for the mixture to brown thoroughly without getting the least burnt. After that scrape the contents of the pan into the soup stock. Throw in eight cloves, half a bay leaf, a teaspoonful of black pepper and a slice of broiled ham. Let simmer half an hour, then strain the stock through a gravy strainer into the soup pot, add the tomatoes, rubbed also through the strainer, and set the soup on the side of the range to slowly boil for half an hour longer, during which time skim off the grease as it rises at one side. Season with salt. The soup should be of the consistency of thin brown sauce.

272—Broiled Pompano.

The pompano is a Southern sea fish somewhat rare and high priced. It has a decided flavor of its own that suggests the taste of black walnuts when broiled. It has the flattened shape of the sunfish, and scales almost as fine as those of the mackerel.

Scrape the skin thoroughly. The smallest size, weighing about one pound, may be broiled whole in the wire broiler previously greased. Split the large ones down the back and through the head. Broil the cut side first—eight or ten minutes—brush over with fresh butter and

dredge with salt and pepper, then broil the skin side till done. Serve on a hot dish. Squeeze a little lemon juice over, and serve cold tartar sauce in a sauce boat separately, or for individual orders, the hot tartar sauce in the same dish.

273—Tartar Sauce—Hot.

½ cupful of vinegar.
1 teaspoonful of finely minced onion.
1 ounce of butter.
Same of olive oil—a cooking spoonful.
Salt and cayenne.
4 yolks of eggs.
Little minced pickled gherkin.

Boil the onion in the vinegar a few minutes, throw in the butter and yolks and beat until it cooks thick and like softened butter, about a minute. Take it from the fire and beat in the oil gradually. Add the seasonings.

274—Chapin & Gore's Spanish Stew.

3 fat pullets, large but young.
6 green pepper pods—or 1 or 2 red.
1 good sized onion.
1 slice of broiled ham.
1 can of tomatoes—or a quart.
1 can of French peas.
Salt and some more pepper.

Cut the chickens into joints, and stew them till the bones could be pulled out of the meat, in just enough stock or water to cover them, together with the six peppers, the onion and slice of ham. Then take out the chicken on to a large dish, and keep it hot, strain out the pods, etc., put the tomatoes into the liquor and stew down thick, seasoning with salt and perhaps a little cayenne, if the pepper pods have not had full effect. Make the peas hot in a saucepan separately. Pour the thick-stewed tomatoes over the chicken, and strew the peas all over the surface.

275—Mashed Potatoes in Form.

Mash some potatoes with butter and salt, but with a very scant addition of milk, lest they be too soft. Make up in two pineapple shapes, mark the outsides with the back of a knife, brush over with a little egg and water—not to make them yellow, but only to bind and glaze—and bake light brown on pie pans in a hot oven. Send in very hot on flat dishes.

276—Crab Salad.

6 boiled crabs, common size.
1 cupful of finely minced white cabbage.
½ cupful of salad dressing.

Pick the meat out of the crabs, cut all that can be cut into pieces of even size and rub the rest smooth in salad dressing, adding a little mustard. Mix cabbage and dressing thoroughly, and the crab meat mix in lightly without breaking the pieces. Fill the crab shells with the salad and place them on a dish previously prepared with a bed of cress or other green.

277—Rum Omelet—For Three or Four.

6 eggs.
A third as much milk.
½ cupful of rum.
Powdered sugar.

Put the eggs and milk and a teaspoonful of powdered sugar in a bowl together, and beat enough to mix but not to make the omelet too light. Set the rum where it will get warm. Put a teaspoonful of the clear oil of melted butter in the large frying-pan, and pour in the omelet before the pan gets hot enough to make it stick on the bottom. An omelet should not be cooked through and the brown outside rolled in, but should be shaken and shaped in the further side of the pan, as soon as the edge is cooked enough to fall over from the edge into the middle shaken further over, so that the omelet is not a cake but a soft cooked mass with thick middle and pointed ends. A broad bladed knife is useful to help shape it.

Make an iron wire red hot in the fire.

When the omelet is done slip it on to a hot dish, dredge the top with powdered sugar, mark it with bars across with the hot wire laid a moment on the sugared top. Pour the rum around and set it on fire and send it in.

The sugaring and marking generally causes too much delay for individual omelets in large numbers, and has to be omitted in such cases.

278—Charlotte Russe.

Two-quart size in a mold. Lining of lady fingers and filling of maraschino cream.

2½ pints of thin cream.
1 teacupful of maraschino.
7 ounces of sugar.
1 package of Cox's gelatine—1½ ounces.

Put the extra half pint of cream in a small saucepan and the gelatine and sugar with it, set over the fire and beat with the wire egg whisp till the gelatine is all dissolved—the quicker the better. Pour the maraschino into the cream, then strain in the contents of the saucepan, set the whole in a pan of ice water with salt in it and whip the cream mixture till it begins to set, when pour it into the prepared mold.

The mold should be made ready beforehand. A two-quart jelly mold will do, or a cake mold. Line it with lady fingers placed edge to edge, the edges wetted with white of egg. Ornament the top on turning out with whipped cream or meringue.

The less gelatine such creams as the preceding can be made with, and the lighter and spongier,

they are the better, but as they are then the more liable to break out of shape when turned out, only shallow molds should be employed, the ends of the cakes trimmed off level with the cream and the charlottes kept very cold till the last.

MENU NO. XXVIII, GENTLEMEN'S SUPPER.

279—Oyster Soup—For Twelve.

1 quart of oysters, or 1 can.
1 quart of clear broth or soup stock.
1 quart of milk.
4 ounces of fresh butter.
1 teaspoonful of salt.
Same of white pepper or cayenne.
½ cupful of crushed oyster crackers.

If there is no good clear broth at hand water will do instead. The things to be guarded against are not to get the milk curdled by boiling it with the oysters, and to avoid having the skum from the oyster liquor floating on top of the soup. Boil the stock (or water) in one saucepan and the milk in another. Pour a ladleful of the hot liquor over the oysters in a colander, and when they are drained boil their liquor and what has run through in a little saucepan by itself and skim it, then strain it into the soup stock. Put in the oysters, and just as it begins to boil take from the fire, stir in the rolled crackers for thickening, the butter, salt and pepper and then the milk. Sprinkle a little chopped parsley on top when about to serve it. The oysters should not be allowed to become hard-boiled.

280—Middle Cut of Salmon—Boiled with Scotch Butter Sauce.

Take about three pounds of the middle cut of a small salmon, and, having scaled and cleaned it, put it on to cook in water that is already boiling and strongly salted. The fish should be placed on the drainer or false bottom of the fish kettle, but where there is no such utensil the precaution should be taken to wrap and pin it in a buttered napkin, that it may come out of the water unbroken. Let it cook very gently at the side of the range for three-quarters of an hour. Take it up, remove the skin, and place it carefully on a hot dish. At the moment that it is sent to table pour over it some of the fresh butter sauce of the next recipe, fill the remaining space around it in the dish with a pint of potato boullettes, and send in some more of the sauce in a sauce-boat.

281—Scotch Fish Sauce.

Set 8 ounces of the best butter, the juice of one lemon, a pinch of cayenne and a tablespoonful of chopped parsley in a bowl in a place warm enough to soften the butter, but not melt it, and when the sauce is wanted for use stir together until creamy.

282—Potato Boulettes.

Scoop balls the size of cherries out of large potatoes with a Parisian potato spoon or scoop (to be had at the furnishing stores) and set a pint of them on to stew in butter, or a mixture of butter and lard. They are not to be fried, but only to be simmered in the melted butter until it begins to fry and brown the bottom of the saucepan. Stir them when first put in lest they stick on the bottom and get a scorched taste. When done drain and set them in a pan in the oven to acquire a very slight color. Sprinkle salt and parsley and shake up.

The butter remaining can be used in cooking. The potatoes scooped full of holes will do to steam and mash.

283—Double Tenderloin Steaks.

Cut a fillet of beef into 3-inch lengths, remove enough of the skin that incases the outside to allow the steaks to spread when flattened, but be careful to retain a good border of the fat as well. Beat down with the side of the cleaver to make large steaks nearly an inch thick.

Fifteen minutes before they are to be served brush over both sides with the butter brush and set the steaks to broil over clear coals. They will be medium well done in 8 or 10 minutes. Take them from the gridiron without spilling the gravy that collects on top, place on a hot dish and garnish with cut lemons and chip potatoes.

284—Egg Plant Fried in Batter.

Slice the egg plant, without paring, into four or five, throwing away only the end parings. Boil the slices in salted water a few minutes to extract the strong taste. Drain, dip them in the frying batter of the next recipe, and fry them brown in a pan of hot lard. Keep the slices a minute or two spread on a pan tilted to one side in the oven, to become free from grease and crisp on the outside.

285—Frying Batter for Egg Plant, Fruit Fritters, Etc.

½ cupful of milk.
1 egg.
2 tablespoonfuls of melted butter.
1 tablespoonful of syrup or molasses.
1 cupful of flour.
½ teaspoonful of baking powder.

Put all into a pan together, the flour last and the powder in it, and a pinch of salt, and work them together with a spoon.

It should be a batter that is thin enough to coat the article dipped in it without seeming to make it all dough when fried.

286—Fat Liver Cake, or Pain de Foies de Poulardes.

8 ounces of poultry livers.
4 ounces of fat ham or salt pork.
1 ounce of lean cooked ham.
½ cupful of sherry.
½ a bayleaf, pepper, salt, snap of mace.

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4 ounces of bread panada (rolls soaked in water and then squeezed dry in a cloth).
1 raw egg.
3 hard-boiled yolks.
1 corned sheep's tongue or part of a large tongue, cooked.
A spoonful or two of chopped mushrooms.
Aspic jelly to garnish with.

This is an article of the head-cheese order, not so formidable on trial as the number of ingredients make it appear. In the first part are the articles to be cooked together, the others are to be added to the paste afterwards.

Steep the poultry livers in cold water to whiten them, and remove all gall stains, which make them bitter. Set all the ingredients of the first part to simmer in a saucepan with the lid on at the back part of the range, and let remain till a convenient time, or two or three hours. Then mash to a paste. The livers, etc., should be nearly dry in the saucepan, but not at all fried or browned.

Mix the raw eggs with the panada, and these with the pounded liver. Press through a sieve. Cut up the red tongue, the hard-boiled yolks and mushrooms, if you have them, and mix these in the paste. Bake about an hour with thin slices of fat pork first laid in the bottom of the pan or mold, and also on top of the liver cake, and a buttered paper over that, and the mold set in a shallow pan of water in the oven.

The paste, as made above, can be taken from the pan or mold, freed from fat and decorated like boned fowls.

We seem to need some mild laws to make people like such elaborate compounds as the foregoing (which are considered very fine in certain places across the seas and are beautifully incased in jelly and ornamented), or at least to make them eat them, it being a pity that the trouble of making them good should be all for nothing.

There were some dishes of the sort put up by the best French cooks in Chicago at their banquet last winter, and no doubt but they were as good as could be made, besides being extremely ornamental, yet the way the Philistines, after tasting with their knife points, pushed them away and took their plain ham and beef instead was sad for the artists to see. However, our fat liver cake is a modified preparation, and instead of truffles has yolks of eggs in it which show up when it is cut as raisins do in a cake. It is nice for a cold luncheon at any time, if carefully made and kept, and served cold and firm.

287—Lobster Salad.

Pick the meat out of one or two lobsters, all but the uneatable portion, cracking the claws carefully to get the red meat out in large portions, and line a melon shaped mold with it, the best pieces at the sides.

Mix some finely-minced salad material—either tender white cabbage, with a green celery leaf or two mixed in, or heart lettuce, or celery with salad dressing (No. 250) sufficient to make it buttery and thick enough to keep shape. Fill the inside of the mold with this and press it into the lobster lining. Turn out carefully on to a dish. Spread thick mayonnaise upon the top and decorate with olives and yolks of eggs, and the edge of the dish with the lobster, clams and horns and parsley.

288—Frozen Maraschino Punch.

1 pound of sugar.
1 quart of water.
1 lemon—juice only.
1 orange—juice only.
½ pint (or more) of maraschino.
3 whites of eggs.

Mix all, except the whites, together cold, strain into a freezer, freeze as usual, whip the whites firm and stir in and beat up well and freeze again. It is a snow-white ice, rich and tenacious like pulled candy. The fruit juices are not essential, but an improvement.

289—Charlotte Russe.

Individual size, cases of yellow cake filled with a white cream.

For the cases make sponge cake batter (No. 212) and spread it on sheets of paper very thinly. Bake about five or six minutes. Take off the paper by dampening it with a brush dipped in water and cut the sheet of cake into pieces of the right size to line tin muffin rings and small pieces to push down to form the bottoms.

The rings should be two and a half inches in diameter and one and a half inches deep.

290—Bavarian Cream—Ordinary.

Three cupfuls of rich milk.
One cupful of cream thick enough to whip.
Six ounces of sugar—a small cupful.
One ounce of gelatine—nearly a package of the shred.
Three whites of eggs.
Flavoring.

Set the milk over the fire with the sugar and gelatine in it, and stir till the gelatine is all dissolved. Do not let it boil. Strain into a freezer placed in ice water, and when nearly cold enough to set add half the cup of cream, beat ten minutes, whip the six whites firm, stir that in and

beat the cream five minutes more. Flavor while beating with lemon, vanilla, almond or other extract, or with maraschino.

The cream makes the preparation richer, but is not indispensable.

Fill the charlotte cases with the Bavarian cream, and set them in the refrigerator to remain till wanted. Then take them out of the rings and place them on a dish. Pile a spoonful of whipped cream on top of each one.

291—Pound Fruit Cake.

14 ounces of sugar.
14 ounces of butter.
11 eggs.
18 ounces of flour.

Mix the above ingredients together the same as pound cake, then add to it:

2 teaspoonfuls of mixed ground spices, mostly cinnamon and mace.

1 lemon grated and squeezed, or some lemon extract.

1 pound of seedless raisins.
1 pound of currants.
½ pound of citron.

Mix the fruit together and dust it well with flour before stirring it into the batter. The cakes require from 1 to 1½ hours to bake.

MENU NO. XXIX.—BREAKFAST.

292—Oatmeal Mush.

4 cupfuls of water.
½ cupful of oatmeal, large measure.
1 small teaspoonful of salt.

Boil the water, sprinkle in the oatmeal while stirring with the other hand, and when it boils up again put the lid on the saucepan and set it at the back of the stove or on a brick to simmer with the steam shut in for three hours. Stir it from the bottom occasionally.

The large grained oatmeal is the best and the best liked; the finer oatmeal is ground the poorer it is and the harder to cook. There are several grades sold. If the large sort of oatmeal is mashed like rice it will scarcely ever burn.

When mush of any kind has become burned on the bottom, instead of making the whole potful taste by stirring it up, change it into another vessel by inverting it without the interference of a spoon. The upper part will seldom be the worse for the accident if changed immediately.

Serve the mush in individual deep dishes, and a bowl set in a plate and a pitcher of milk or cream with it.

293—Spring Chicken, Maryland Style.

Split the chickens in two by cutting down the back and then through the breast; if small chickens, the halves are small enough; if large, cut again into quarters. Wash well, and let the pieces lie awhile in fresh, cold water.

If only one or two chickens, put a spoonful of butter and a spoonful of clear drippings, or the fat of fried salt pork into a baking pan that the chickens will just lie in without overlapping; make it hot, shake the water from the pieces of chicken, dip them in flour on both sides and lay them in the hot fat with the skin downwards. Dredge liberally with fine salt and good home-ground black pepper, that will flavor without making the chicken look dingy. Shut up in a hot oven, let cook a few minutes, then baste well. When the upper side is brown turn the pieces over and brown the other.

The management that makes chickens done this way such good eating lies in so covering the bottom of the pan with the pieces that they are lightly browned all over before it has quite dried up all the moisture that runs from them or began to burn; the chickens remain moist and juicy.

Take out the pieces onto a hot dish Pour off most of the clear grease from the light brown flour and gravy sticking to the bottom of the pan; put in a cup of milk and let it boil up. The dredging of the chicken sufficiently seasons the gravy, as the flour they are dipped in thickens it.

294—Poached Eggs.

It is no trouble to poach eggs handsomely if two or three rules are observed.

Have a roomy vessel with plenty of water, the frying-pan shape is good, but it is not deep enough. Have a little salt in the water. Never let the water boil furiously after the eggs are in, as that breaks them; keep it gently simmering at the side.

The eggs break and are wasted because when first dropped they go heavily to the hot bottom and there stick, to prevent which set the water in motion by stirring it around with a spoon. The eggs dropped in and carried around a moment and the white cooks sufficiently to prevent adhesion.

Break the eggs carefully into little dishes and drop into the water one at a time. Take them out with a perforated ladle.

Serve either well drained in a small deep dish and a speck of butter on top or else laid neatly on a trimmed slice of buttered toast.

295—Fried Sweet Potatoes.

Cut sweet potatoes into slips not thicker than a pencil, and throw them into hot lard in a frying-pan. They are done when they float in the lard. Being sweet, they are apt to get an unpleasantly dark color if not watched and will fry best with the lard only moderately hot.

296—Boston Baked Beans.

Live and learn. The advertisers of the canned beans put forth a statement that seemed absurdly brazen-faced to some of us when they said that beans put up in Boston, it was well known, have a superior flavor to beans put up anywhere else—as if beans could be anything more or less than beans wherever they might hail from. However, we have since seen it stated by another authority that 10,000 barrels of beans per month are cooked in Boston, which is a much larger amount than New York consumes, and Boston bakers say the New Yorkers do not soak their beans sufficiently to make them good. The advertisements may be right, after all, for, as is well known, seeds put in soak till the process of growth begins change starch to sugar and acquire a sweet taste, as is the case of barley when it changes to malt.

Pick over and wash a pint of beans, and let them steep in water for twenty-four hours. Put them into a two-quart earthen jar, fill up with water and bake in a brisk oven about eight hours, or all night, to have them warm for breakfast. Two hours before they are to be taken out put into the jar a small tablespoonful of molasses, the same of salt, and a square block of salt pork. Where there is no brick oven the jar may be set in a large iron pot containing water, and baked in that manner in the stove during the afternoon and evening, and made hot again in the morning.

297—Boston Brown Bread, Yeast-Raised.

At No. 81 we had brown bread made with baking powder, and that may be made as well with buttermilk and soda. This is the same thing made with yeast. The scalding of the meal is a great improvement to the quality over cold mixing.

1 pound of corn meal—about 3 cupfuls.
1 pint of boiling water—2 cupfuls.
½ cupful of black molasses.
1 cupful of cold water.
1 cupful of yeast, or a yeast cake in water.
½ pound of either rye or graham flour.
½ pound of white flour, a heaping pint.
Salt.

Pour the boiling water over the cornmeal in a pan and mix, throw in a teaspoonful of salt, add the molasses and cold water, then the yeast and then the two kinds of flour. Line two sheet-iron brown bread pails with greased paper, put in the dough and let rise from one to two hours, then bake or steam for five hours. If steamed, bake the loaves afterward long enough to form a light crust.

A good sort of bread is made as above with a pound of graham sifted through a common flour sieve to remove the coarse bran, and the white flour omitted; or with all rye flour and no graham or white. Care should be taken not to scald the yeast by adding it to the hot meal before the cold water. When this kind of bread is sticky when sliced it shows it was made up too wet. When the loaves come out hollow or caved in it shows too much fermentation.

298—Fried Apples.

Fried apples with salt pork is the restaurant dish, but there is no particular need of the pork in ordinary, unless when the fried slices are left over from making fat for cooking chickens in. Slice good ripe apples across the core without paring, throwing away only the end slices, and fry five or six slices at a time flat in a large frying-pan with no more pork fat or butter than just enough to cover the bottom. When the slices are brown on one side turn over with a knife. This is the only way to have the apples really nice, though, it being too slow for a number of people, they are commonly thrown in quantities into a dripping-pan and done in the oven, when it depends upon the luck and careful draining from grease whether they come out good. With some kinds of apples it is an advantage to dip the slices in flour before frying. Both methods should be tried.

Serve the fried slices neatly placed in flat individual dishes.

299—Buckwheat Cakes.

1 heaping cupful of buckwheat flour.
2 cupfuls of warm water.
½ cupful of yeast, or piece of compressed yeast dissolved.
1 small teaspoonfull of salt.
2 tablespoonful of syrup.
Same of melted lard.

Make a sponge or batter over night of the warm water, yeast and flour. In the morning add the enriching ingredients; beat up well, and bake thin cakes on a griddle.

Most people like buckwheat cakes with a little cornmeal mixed in the batter. Eggs are not needed except when accidentally the batter ferments too much, when an egg will bind and make the cakes easier to bake. Serve with butter and syrup. Naturalists say that this is the kind of grub that makes the butterfly.

300—Cookies—A Rich Kind.

½ pound of sugar.
½ pound of butter.
6 eggs.
1 heaping teaspoonful of baking powder.
1½ pounds of flour, or enough to make soft dough.

Cream the butter and sugar together the same as for pound cake. Beat the eggs and mix them in, then the powder, add lemon or cinnamon flavoring, then flour. Let the dough, after it has been patted smooth, stand on the table a

few minutes before rolling it out. Sift sugar over the sheet of dough before cutting out the cakes. Another good kind less rich was given at No. 11.

MENU NO. XXX.—LUNCHEON.

301—Consomme aux Pates d'Italie.

3 quarts of rich soup stock.
A shank of veal.
A small knuckle-bone of boiled ham.
2 or 3 tomatoes.
2 tablespoonfuls of alphabet pastes.
Salt and pepper.

Take about 3 quarts of soup stock, as commonly made by boiling any kind of fresh meat bones and fragments, and a small bunch of vegetables in water, and to give it color and richness roast a veal shank or other veal bones nicely brown in the oven, basting with a little butter if convenient to help the coloring, and then boil the roasted veal in the stock. Add, for flavoring the ham bone, tomatoes broken in pieces and perhaps a little minced onion, if not already in the stock. Put in also a teaspoonful of black pepper and the same of salt. When these additions have been cooked in the stock about an hour strain it off into a jar or other deep vessel, take off the grease, and when the consomme thus made has settled, pour it through either a broth napkin or jelly bag without the sediment, then set it over the fire to get hot again.

Boil the Italian pastes gently in water for not more than fifteen minutes, drain off and put the pastes into the consomme. For directions for the super-clarification of consommes and thickening—which is not ordinarily necessary—see Nos. 118, 131 and 254.

302—To Curl Celery.

The tops of the stalks of celery are made to curl outward for ornamental purposes by slitting them with a penknife as closely as the fringe is desired to be fine, and the slits should all end at an even line. Where a large amount of celery is used every day set on the tables in celery glasses. A kind of rake is used instead of the penknife, made by driving a number of the three-edged sacking needles of the smallest size through a soft piece of cigar box wood. The celery ends are combed with this and set in glasses of ice-water to curl at leisure.

303—Lobster in the Shell.

Keep the lobster on ice till wanted. Crack the claws, cut in two lengthwise, then across, and serve the quarters with crisp lettuce or other green in the dish, and oil and other condiments in the casters.

304—Croustades of Chicken—Or Timbales with Chandfroid of Chicken.

Much the same as to the filling as the chicken patties No. 255, but brown sauce instead of cream sauce is used.

1 pint of chicken cut in dice.
1 pint of brown chicken gravy.
½ cupful of mushrooms cut in dice seasonings.
Light rolls or muffins (No. 226) cut in cup shapes, hollowed out and fried light brown.

Remove the brown skin from a roast chicken, cut the meat into squares, season with pepper and with salt, according to the saltness of the gravy, mix with the gravy and let simmer together five minutes. Fill the shells of fried bread just as they are to be served. Garnish with a sprig of parsley or fringed celery.

To make the chicken gravy—supposing none from roast chicken or veal on hand—boil the bones of the chicken in a little soup stock, brown a spoonful of fresh butter and the same of flour together in a frying pan, add the chicken liquor to it, stir well, let boil at the side of the range and skim, then strain free from lumps and mix the chicken with it, as above stated. Send in hot.

305—Rissoles of Macaroni.

These are little rolls of macaroni with cheese cooked, made cold, then breaded and fried. It is necessary to boil the macaroni in full length sticks that the tubes may be kept clear and open.

8 or 10 sticks of macaroni—about 4 ounces.
3 ounces of cheese and little butter and milk.
1 egg and cracker meal for breading.

Roll up the sticks of macaroni (pound paper length) in a pudding cloth, pin in four or five places without quite closing the ends, as the macaroni will swell and lengthen in cooking, and boil it in a long vessel, like a dripping-pan, in salted water for twenty-five minutes, then set it away to get cold. Chop the cheese, add ½ ounce of butter and 2 tablespoonfuls of milk and melt together in a frying-pan without letting it boil. Take the macaroni out of the cloth and dip and roll it in the melted cheese. It may have to be cut in two for convenient handling. Afterward roll it in the egg mixed with a spoonful of water, then in cracker meal and fry it in hot lard. Cut in 2½ inch lengths to serve. Send in hot. May have a good tomato sauce poured under or a garnish of finely grated cheese placed as a border in the dish.

306—Boned Turkey.

Singe and pick over a fat young turkey, and without otherwise opening it, cut through the skin along the whole length of the back, and with the point of a knife go on cutting the meat from the bone on both sides until the hip joints and wing joints are reached. Chop through these with the heavy end of a carving knife,

severing the legs and wings from the carcass at the sockets, and continue cutting close to the breast bone, pulling out the back bone as soon as it is free and taking out the gizzard and entrails, and on the ridge of the breast bone cut carefully and a little into the bone to avoid cutting the skin. After that bone the legs and wings half way and chop off the rest. The meat of the legs and wings is to be tucked into the body, which, when done up, will be a smooth cushion shape.

Then wash the turkey in cold water and dry it on a cloth. Spread it out with the skin side down on the table and cover with the forcemeat of the next recipe; draw the two sides together, sew with twine, put it into a pudding cloth previously buttered and tie and pin it securely. Boil the turkey in salted broth or water containing the bones and any other trimmings left from the forcemeat besides for from two to three hours, according to size. Let it cool in the liquor it is boiled in, then press between two dishes with a weight on top, take it out of the cloth, trim, pull out the twine, wipe off grease and jelly with a napkin dipped in hot water, and at last brush over with clear, melted butter two or three times and keep it cold. To be thinly sliced and served cold ornamented with aspic jelly in the dishes.

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307 — Forcemeat for Boned Turkey and Chicken.

The quantity of this recipe is sufficient for one medium-sized turkey that will slice into twenty-five individual dishes. For a large chicken the amounts may be one-half. This makes about three pounds of choice meat, in addition to the turkey.

2 hens, boiled tender.
6 ounces of fat salt pork.
6 ounces of butter.
6 ounces of white bread crumbs.
2 raw eggs.
8 hard boiled eggs.
1 cupful of broth or water.
1 lemon.
Salt and pepper.

Take the dark meat of the fowls, cut it in very small dice and keep it separate. Take off the white meat, chop fine and then pound to a soft paste. Throw in the fat pork minced, the teaspoonful of pepper and salt and the bread crumbs and mix together, and soften the butter and stir in. Mix the two raw eggs with the cup of broth and add the juice of the lemon, and with this mixture moisten the forcemeat. It is now ready for use.

Stew over the turkey about half the dark meat mince, and over that spread half the white forcemeat. Cut the yolks of the hard boiled eggs in quarters and scatter some over the layer of forcemeat, then the rest of the minced dark meat, then the remaining forcemeat and egg yolks. Do up the boned turkey thus filled as directed in the preceding recipe.

When sliced cold the above shows little dark squares set in a white meat, all spotted through with the yellow egg yolks. Though lengthy in directions there is nothing difficult and the dish is one of the finest possible.

308—Oyster Salad.

2 dozen fresh oysters.
2 heads of celery with part of their green tops.
About half as much tender white cabbage.
The mayonaise salad dressing, No. 68.

After washing the celery and cabbage throw them into boiling salted water, let boil 5 minutes, pour off the hot water and drain and chop them fine. The green celery leaves acquire an intenser green in the boiling water and when chopped with the rest give a color to the whole.

Drain the liquor from the oysters and boil and skim it. Add an equal quantity of vinegar, some broken pepper-corns, pepper-sauce and salt. Put in the oysters and keep shaking the pan while they are scalding that they may set in round and plump shape. Do not let them boil. Drain and set them away on a dish to become ice cold.

When to be served season the chopped celery slightly with oil and vinegar. Spread part of in a dish or in individual dishes, place the oysters in it side by side and the rest of the celery on top of them. Smooth the top a little and pour mayonaise over just thin enough to run.

Pickled or spiced oysters answer well for salad as above instead of the fresh.

309—Cheese Curd Puffs.

3 ounces of cream curd (product of 1 quart of rich milk curdled with rennet).
¼ pint of milk—½ coffee cupful.
1 ounce of butter—size of an egg.
2 ounces of flour—a teacupful.
2 ounces of grated cheese.
3 eggs.
Some pie paste for the bottoms.

This is a mixture that puffs up, hollow like cream puffs, and is made into a cooked paste before baking as follows:

The curd must have been scalded and drained dry, as in making cheese or smearkase.

Boil the milk with the butter in it; drop in the flour all at once and stir the paste over the fire a few minutes.

Put in the curd and the grated cheese and pound the mixture smooth; then add the eggs one at a time and beat them in.

You may drop spoonfuls of this cheese-flavored mixture into patty pans, lined thinly with pie paste, and bake in a slack oven; or else cut

out flats, very thin rolled; put a spoonful of the mixture in the middle and pinch up the sides like a three-cornered hat and bake on a biscuit pan. They will open out in baking. Good to eat with apple sauce.

310—Orange Honey Tartlets.

The rich sweetmeat variously known as orange paste, honey, or conserve, or fairy butter, is made as follows:

8 ounces of sugar.
2 large oranges.
2 lemons—juice only.
2 ounces of butter.
3 yolks and 1 whole eggs.
Little rose water or extract, if at hand.

Put the sugar and butter into a bright saucepan, grate in the yellow rinds (using a tin grate and scraping off with a fork what adheres), and squeeze in the juice of both oranges and lemons. Stir up and boil, add the eggs and let cook at the side of the range until it looks like melted cheese. Use cold to fill tartlets and spread between cakes.

The same kind of vol-au-vent patty cases described at No. 256 are used for filling with sweets. Cut them out round or in diamond shapes, and cut a small middle not quite through. When the puff paste are baked take out the middle and put in a teaspoonful of the orange honey.

311—Charlotte Russe.

Make it with white lady-fingers and pure whipped cream. Individual size.

312—White Lady-Fingers.

7 or 8 whites of eggs—according to size.
6 ounces of powdered sugar—a teacupful.
4 ounces of flour—a rounded coffeecupful.
1 rounded teaspoonful of cream of tartar.
Lemon extract to flavor

Whip the whites to a perfectly firm froth; it will take ten minutes' beating in a cool place.

Have the sugar, flour and cream of tartar all well mixed together by running through a seive; add them and the extract to the whites and stir without beating till fairly mixed.

Fill the lady-finger sack and tube with the mixture (or use a paper funnel); press out finger shapes on to a sheet of paper; sift powdered sugar over plentifully; catch up two corners of the paper, shake off the loose sugar, put the sheet on a baking-pan and bake in a slack oven. Dampen the paper, under side, with a brush dipped in water to get the cakes off. This mixture may also be baked in molds.

Line rings, molds or teacups with the lady-fingers, the edges first dipped in white of egg and well pressed together, and fill up with whipped cream, concerning which see next article.

MISCELLANEOUS RECIPES.

313—About Whipped Cream.

Good thick cream, if cold, can be made firm enough by beating with a wire egg whisk to fill charlottes, or even plates lined with a thin sheet of cake, or to spread over a cream pie without the addition of gelatine or anything else, and once so whipped to firmness it will not go down again as long as it is kept cold—provided, however, that there is not much sugar mixed with it. A half-pint cupfull of good cream will increase in volume, when beaten sufficiently, to fill about eight of the small charlotte cases previously mentioned. A tin whip-churn is a useful article for the purpose, though not essential. It is a tube with a dasher in it, the bottom of the tube closed, but perforated with holes. Any tinner can make them. It is useful when a bowl of thin cream, slightly sweetened, is to be churned to a light froth for piling on top of a cake, afloat in a custard or as a sort of sauce, as well as ornament to saucers of blanc mange and chocolate cream.

314—Bavarian Cream—Best.

But whipped cream as stated in the foregoing not being capable of carrying much sugar or flavoring a little gelatine has to be added to give it substance. Half an ounce to a quart is sufficient unless there is to be an addition of some flavoring cordial or fruit juice, when an ounce to a quart will be the rule, and four to six ounces of sugar. No boiling is required, but set the gelatine—a broken up sheet of the opaque kind is the easiest to work with—in half a cup of milk or cream on the shelf of the range where it will gradually get hot. When it is dissolved whip the cream in a deep pan set in ice water and pour in the dissolved gelatine while heating. The cream can be then put into molds very slightly oiled, and left to become firm, or used to fill cases lined with cake for charlottes, like any other.

315—About Puff Paste.

As whoever teaches cookery labors under a disadvantage when trying to instruct in an article but little known, we have found the remark several times repeated in different forms, "few know what really good pastry is, and fewer still know how to make it." There are half a dozen public places in Chicago where perfect puff paste is made every day, and half of them exhibit their wares so that any one may see what puff paste can be when at its best. It is strictly an article of luxury and rather expensive, but not so costly, because light and large for its weight, when made thoroughly good, as it is when half

spoiled, in which state it is a heavy mass of washed butter and flour. It is an article that if rolled out to an eighth of an inch thickness and put into a hot oven will rise to about or over an inch, and be light and flakey enough almost to blow away. As to the necessity for such an article we are not speaking; the mere fact of its being only a luxury makes its appearance so rare. But it is certainly a very gratifying accomplishment to be able to make it at will; and then, besides, the one who makes the finest puff paste perfectly from the simple force of habit is sure to make the ordinary pie paste, only half as rich, much better than the average, through the observance of the same simple rules in both cases.

We gave the plain and simple formula, such as most pastry cooks follow, at No. 56, and have referred to it since, but have now to mention the points, often of more consequence than the recipe itself, which a recipe does not tell. There are other ways of doing the same thing. The standing rule is a pound of butter to a pound of flour and ice-water enough to wet the flour into soft dough.

You may mix the flour and water together with nothing else whatever in them, roll out to a sheet and place all the butter at once in the middle. Cover up with the edges of the paste and go on rolling out and folding up till it has been rolled and folded six times, when it is ready for use. Or, a little of the butter may be rubbed into the flour as shortening, and all the rest put in the middle and rolled five times. Our rule at No. 53 amounts to this, without weighing ingredients.

Pour a cup of ice-water into your flour, mix with two fingers, and take the piece of dough very soft and pat it smooth on the table. Roll it out about half an inch thick. Put lumps of butter size of guinea eggs all over the sheet at the width of two fingers apart, dredge a little flour, press the lumps down to keep their place, fold over the paste in three, roll out as before and place lumps of butter the same way again. Fold up in three and roll out either five or six times. At five times the flakes after baking will be the more distinct, at six times the shorter and better eating.

But the little points that affect success are these:

If the paste be kneaded or mixed up hard with too much flour it will not roll out easily, but spring back; then if the butter be soft it will be squeezed out at the ends and there will be no puff paste. The layers of dough and layers of butter must keep their places and roll out at even pace; that is why it must be made of cold materials, and either be made in a cold place or be made so quickly on the kitchen table that it has not time to get warm enough to soften the butter before it is finished.

Again, when the dough is soft and the butter in hard lumps these cut through and destroy the flakes, and there is no puff paste. When the butter is not already pliable so that it will roll into sheets easily it should be made so, not by making warm but by pounding with a paddle or potato masher in a wooden bowl.

Those are the particular points. Some add an egg to the flour-and-water paste, but it is doubtful if it does any good. No such thing as baking powder is ever needed or should be used for puff paste.

It is an improvement when there is a good refrigerator at hand to place the half finished puff paste in it on a dish and do the other three rollings after it has stood there half an hour and become cold all through; also to keep the finished paste in the refrigerator till the moment that it is to be finally rolled out and baked.

Lard of a good, firm, tenacious sort, or part lard and part butter can be used and will make nearly as good puff paste as butter alone—a little salt being added—but soft and oily lard will not do.

316—About Aspic or Savory Jelly.

The cooks have never invented anything else so good for ornamenting cold dishes and making common articles look uncommon as this. Those who delight in colors and bright objects like to test its capacity for making the table shine. But it should always be preserved in its original condition of something good to eat, and not deteriorated into a wasteful matter of decoration only. For the real savory jelly is the jelly formed by boiling meat down till the liquor will set when cold, the jelly, for example, of head cheese, or of boiled chickens when the liquor has nearly all boiled away, and if it is the intention to make jelly of such liquor an extra calf's foot or pig's foot or two will be thrown in at the beginning of the boiling and make the liquor stronger. This being the jelly in the rough state—seasoned as soup would be to make it taste good and relishing—in order to change its appearance from dull gray into an article of sparkling transparency it is necessary to clarify it by boiling white of eggs and lemon juice in it and straining it through a flannel jelly bag.

The above is the explanation of what is aimed at and is to show that the making of savory jelly is not an abstruse and foreign affair, but anyone who takes pleasure in such things finding at hand some meat liquor that has set in jelly firm enough to cut with a knife can clarify it and use it to set off a luncheon or supper table in a way that is by no means common.

The uses of spica jelly will be understood from these instances. A dish of sliced chicken or turkey or veal or corned beef, the slices all being cut to some particular shape and size, may have melted jelly poured over, just enough to cover, and some leaves of parsley or cress dropped here and there on the white meat. When cold and set the slices in jelly are cut out and placed on other dishes to serve.

Dishes of sliced chicken or boned turkey are

decorated around the edges and on top of the meat with shapes of the jelly colored in two or three tints, cut out with something, perhaps a fancy cake cutter, or with a knife in diamonds and triangles. The jelly for this purpose is made cold in shallow platters.

Jelly molds are filled partly with thin slices of meat kept apart by cut or chopped hard-boiled eggs strewn over each layer, with lemon slices and parsley or celery put in for ornament, and the whole cemented together by melted jelly poured in. The veal or chicken or tongue or corned beef loaf, as the above is called, can be turned out of the mold when cold and the dish ornamented at pleasure.

Solid articles like the boned turkey, No. 306, can be incased in jelly by first coating a mold or jar (set in ice water) with jelly, something like lemon slices being set in the bottom to keep the turkey from displacing the coating, putting in the cold turkey and then filling around and over it with jelly nearly cold.

317—To Make Aspic Jelly.

To each quart of meat jelly, or chicken liquor that is boiled down so that it can be cut with a knife, when quite cold, allow:

2 whites of eggs and the clean shells.

1 lemon—all the juice and small piece of thin-shaved peel.

3 cloves, bit of celery or parsley.

Salt and white pepper to season.

Take every particle of grease off the meat jelly while it is cold, and wipe off the top beside with a cloth, then melt it and pour it through a fine strainer. Mix the above ingredients with it, beating the whites first with a third of a cupful of cold water. Boil it gently for fifteen minutes or more, taking the precaution to set it at first at the side or back of the range to heat gently, as it is liable to burn on the bottom. When the white of egg in it is thoroughly cooked and looks like gray curd or meat in the jelly strain through a jelly-bag, and repeat the pouring through three or four times.

But when there is no meat jelly already formed make some by dissolving an ounce of sheet gelatine in a quart of good soup stock, season it nicely, let it get quite cold to remove the grease, then melt and clarify it as above.

Make different tints by adding burnt sugar dissolved in boiling water for amber and brown, and cochineal or beet juice for pink and red.

Extra fine jelly, more brilliant than is ever seen in the restaurant windows, is made by putting it through the clarifying process twice, allowing a little in the measure for the inevitable loss of quantity in the repeated boiling and filtering; and a correspondingly enhanced flavor is obtained by adding a proportion of sherry.

MENU NO XXXI—DINNER.

318—Bean Soup—Plain.

This is designated plain because the beans are added whole, like any other vegetable, and there is another way with the beans mashed to make a puree.

3 quarts of soup stock.

½ cupful or more of minced vegetables.

1½ cupfuls of cooked navy beans.

A small piece of lean ham or a knuckle bone.

Salt and pepper, thickening, parsley.

The stock may be made by boiling a shank of beef and any other coarse pieces in a gallon of water till the meat all slips off the bones, then strain off the remaining liquor. The ham or ham bone is one of the good flavoring materials for soup, but of course can be done without. Cut up the usual soup bunch of vegetables small, with care to have a large proportion of onion, and put them into the strained stock, and the beans previously cooked in a separate vessel. After boiling a half hour, add a spoonful of flour mixed up with water, pepper and salt, and a sprinkling of chopped parsley.

319—Beans for Soup.

Pick over the beans and wash them Better soaked in water overnight, if remembered in time, but will do without. Put on a small cupful to boil in more than twice as much water and a lump of baking soda as big as a pea and boil for two hours. Pour off the water, fill up with cold water instead, and when the beans boil up again they will be done and ready for the soup or to eat as a vegetable.

Overanxious people can make even beans burn on the bottom by repeatedly stirring them. It is best to let all such things alone and not make them mushy by bruising with a spoon Hominy, rice, pie fruits, and a score of articles of the same character come under this rule.

320—Salt Whitefish—Egg Sauce.

Put the whitefish to soak in fresh cold water early in the morning and change the water twice. This fish becomes soft and hard to manage if kept in water too long. Skin it, cut in suitable pieces, put on in a frying-pan or fish-kettle with cold water to cover. When it boils it is done. Make butter sauce without salt, and chop a hard-boiled egg and mix in.

321—Veal and Oyster Pie.

1 pound of flank or neck of veal.

1 green onion, or onion and parsley.

1 or 2 ounces of salt pork.

1 cupful of small oysters.

½ cupful of milk.

Pepper, salt, thickening.

Common pie crust to cover.

The veal may be any piece that is not suitable to roast or fry. Cut it in small pieces and stew

it an hour, or till tender, in just water enough to cover it. Chop the onion with a little of the green and put it in, the pork also cut up, salt and pepper and at last a spoonful of thickening and the milk. Take it from the fire and turn it into a shallow pan that will hold 1½ or 2 quarts. Then scatter the oysters and their liquor over the top, sprinkle a little more pepper and a dust of flour from the dredger, and cover with a crust. Bake about half an hour. The crust may be made by rubbing a small cupful of minced suet with a heaping cupful of flour and a pinch of salt, and mixing with lukewarm water, or with lard and flour in about the same measures, mixed up very cold.

322—Coarse Hominy.

Is seldom cooked as much as it ought to be and should be put in water overnight to soften. Wash it free from the flour, which is the part that burns on the bottom, and put it on to cook with four times as much water early in the morning. Keep it slowly boiling without ever putting a spoon in it till nearly dinner time. It should either be in a stove pot with feet to raise it from the fire or be set on a couple of bricks. Season with salt and stir up. It is better with butter and milk added indefinitely.

323—Indian Pudding—Cheap.

A rich pudding of this kind was given at No. 241. The following, though cheaper, is among the best:

2 heaping cupfuls of cornmeal mush.
2 heaping tablespoonfuls of minced suet.
Quarter cupful of black molasses.
½ teaspoonful of ground ginger.
2 eggs.

Mix all together gradually, so as to break all the lumps in the mush; bake about half an hour.

A small cupful of cornmeal, boiled in 3 cupfuls of water or milk with salt will make the mush.

324—Golden Sauce for Puddings.

½ cupful of sugar.
1 small tablespoonful of corn starch.
1 cupful of water.
1 ounce of butter.
Yolk of egg.
¼ a nutmeg.

Break the nutmeg in pieces and put it in the water. Mix starch and sugar together dry and stir them in and let thicken, then beat in the butter and egg yolk just mixed and beaten with some of the sauce. Take it from the fire before the yolk has time to curdle in it. Strain for use.

325—Squash Pie—Cheap.

1 large cupful of dry mashed squash.
1 or 2 tablespoonfuls of sugar
Butter size of a guinea egg, melted.
1 egg.
½ cupful of milk.
Little ground cinnamon to flavor.

Line two pie-pans with common paste and divide the mixtures into them.

326—Pumpkin Butter—Fine Quality.

2 pounds or pints of dry mashed pumpkin.
1 pound of sugar.
4 ounces of butter.
Flavoring either of shaved lemon rind, cloves, nutmeg or race ginger.

The pumpkin must be dry, either baked or steamed. Mash it through a strainer, mix the sugar and butter with it and the piece of ginger bruised, or thin shaved lemon rind; let simmer at the side or set upon bricks on the stove for perhaps an hour. It becomes thick and semi-transparent; can be kept in jars in a dark place. Good for the same uses as fruit jellies and marmalades.

MENU NO. XXXII.—TEA.

327—Chicken or Turkey Sausage.

Take the skin off a large fowl by first cutting down the back and cutting around the joints to the skin as nearly whole as possible.

Cut all the meat of the fowl from the carcass without bone or gristle, chop it raw, like sausage meat, and then pound it with a masher in the chopping bowl. Weigh it, and take half as much fat bacon, chop and pound it likewise. Mix the two pastes together, season like sausage-meat with pepper, sage and salt. Roll up in the skin of the fowl and then in a napkin, and boil the sausage in seasoned broth, with the bones of the fowl in it, for an hour. When done put it on a dish to cool in the napkin it was boiled in, and another dish or other weight on top to give it an even shape. Slice cold and ornament with jelly and parsley.

328—Grape Sweet Pickles.

5 pounds of grapes.
2 pounds of light brown sugar.
1 quart of vinegar.
1 tablespoonful of whole spices—cloves, allspice, and mace.

The solid, dry, white grapes of California will do to make into sweet pickles at any time; the juicier kinds must be taken before they become too ripe.

Boil the vinegar and sugar together gently for ten minutes. Put in the grapes, and let simmer in the syrup half an hour. Pour all into a colander set in a pan, put the grapes into a jar, and the syrup back on the fire, with the spices tied up in a piece of muslin in it; boil ten minutes and pour over the grapes in the jar.

As with vinegar pickles, Nos. 112 and 113, after standing a day or two the pickle must be drained from the grapes, boiled and poured hot

over them again. Tie down, keep in a cold place.

329—Chipped Beef in Cream.

1 large cupful of shaved dried beef.
1 cupful of water.
1 cupful of milk.
Butter size of a walnut.
1 tablespoonful of flour.

Chip the dried beef either with a sharp knife or a plane and boil it a short time in the cup of water and then add most of the milk and the butter. Wet the flour with the remaining milk and stir it in to thicken.

330—Butter Rolls or Tea Cakes.

½ pound of light bread dough—a large cupful.
2 teaspoonfuls of sugar.
1 ounce of butter—size of an egg.
Yolk of an egg.
¼ cupful of milk or cream.
1 cupful of flour to work in.

When dough has been made for plain bread take out the cupful four hours before the meal-time and mix in all the above ingredients except a small part of the flour, which will be left over for dusting. Let rise two hours.

Then knead the dough on the table by pressing it out with the knuckles, doubling over, closing the edges and pressing out again, and so continuing for several minutes, till the dough is worked full of air bubbles and light and silky looking.

Make out the dough into round balls and when all are molded roll them out flat. Brush one with melted butter, place another on top, press in the middle and place in a baking pan. Brush over the tops with a very little clear melted butter. Rise an hour; bake fifteen or twenty minutes Butter inside and cut in quarters.

331—Apple Jelly.

3 pounds or quarts of apples pared and in slices.
1 quart of water.
12 cloves.
2 pounds of sugar.

Use ripe, mellow apples, such as dissolve in the water after a few minutes cooking. Have the water ready boiling in a brass kettle or bright pan and throw in the cloves and apples. Let simmer till the apples are dissolved. Pour the contents of the kettle into a flannel jelly bag, and the liquor that runs through first pour in again and let all drip dry without pressing. Measure the clear juice back into the same kettle, boil up, and then put in ten ounces of white sugar for every pint (two cupfuls). Simmer together for about half an hour. Use cold. Keep in jars or glasses tied down with paper.

332—White Butter Sponge Cake.

Easy, cheap and useful kind.
8 ounces of white sugar.
10 whites of eggs—or 9 ounces.
4 ounces of melted butter—a teacupful.
½ cupful of milk.
12 ounces of flour—3 large cups.
1 teaspoonful of baking powder.

Beat the sugar and white of eggs together a minute or two, add the butter, the milk, the powder and flour. Beat up well. Spread thinly on a baking pan, greased and floured previously, and bake about ten minutes. Good also for jelly roll. Does to make when the white of eggs is left over from other cooking that has used up the yolks.

MENU XXXIII.—GENTLEMEN'S SUPPER.

333—Broiled Kidneys.

Sheep's kidneys are the best for broiling; calves' are the next best. Procure them, if you can, with the suet still upon them. Slice them through the fat, then pare off enough of it just to leave a border around the slices of kidney. Pepper and salt them, and broil in the hinged wire broiler over clear coals. They should be fairly done through and no more, and should be turned over only once, that the gravy may collect on the top.

Dish the broiled kidneys on broad, thin slices of broiled potatoes, buttered, and drop a small piece of butter on the top of each slice.

334—Broiled Potatoes.

Pare the largest potatoes and cut them in slices about an eighth of an inch thick. Touch them with the butter brush, and broil over clear coals at a good height above the fire. Try with a fork to know when done. Dip in butter and sprinkle with fine salt. Serve with kidneys, chops, steaks, etc

335—Broiled Mutton Chops.

Cut the chops from the rack for choice. The rack is the name for all the ribs when they have been shortened by taking off the breast and the shoulder has been removed. The next best is the loin, continuing from the ribs and trimmed to the same length. Having divided the ribs into chops take off the piece of backbone, cut away an inch of the thin meat at the rib end and scrape the bone clean. Flatten the chop slightly with a tap of the cleaver. Lay the chops on a plate and touch both sides with the butter brush. Broil over clear coals about five minutes, turning over only once.

Put a tablespoonful of butter into a tin pan, together with as much water and a pinch of salt and pepper. Shake together and when the chops are done let them lie in the pan and form their own gravy until the other articles for the

supper are ready, then dish the chops standing almost on end in the dish, with thin, triangular pieces of toast between, and pour the butter gravy from the pan around them.

336—Prawns in Butter, or a la Maitre d'Hotel.

Empty a can of Barataria shrimps (which in reality are prawns) into a frying pan and put in a piece of fresh butter. Shake about over the fire till they are hot through, but they are not to fry or begin to brown. Sprinkle a small tablespoonful of minced parsley over them and a pinch of white pepper or cayenne. Dish the shrimps piled in the center of a hot flat platter with whatever butter may remain in the pan poured around, and cut a lemon in quarters and place around the edge.

337—French Peas in Sauce.

Pour the liquor away from a can of French peas and set them on the stove-hearth to get warm. Boil half a cup of milk in a small saucepan with a teaspoonful of butter and half a teaspoonful of salt. Mix a teaspoonful of flour in a cup with cold milk and use it to thicken the other. When this cream sauce has boiled a minute try it to see whether it is scorched, and, if not, put the peas into it and let them become thoroughly hot. Dish them as a vegetable to go with the foregoing me er in scollops or deep dishes or a tureen.

338—Sweet Omelet with Jelly.

For individual omelets break for each dish two eggs and put into the bowl with them about two tablespoonfuls of cream. Beat to mix, but not make it too light. Put a tablespoonful of the clear part of melted butter into the frying pan, pour in the omelet without waiting for the butter to get hot and discolored, let cook gradually, shaking it frequently to the further side of the pan until the thin edge, forced upward, falls over into the middle. When it is nicely browned and the upper side just set, put currant jelly, or other fruit jelly, in a long line in the middle that is made hollow for the purpose in the side of the pan. Roll over so as to shut in the jelly, slide it smooth side up onto a hot dish. Dredge powpered sugar on top and mark it with crossbars by touching the sugar with a hot wire.

339—"Maids of Honor."

However carefully we may try to set down the quantity of any given article that should be provided for the entertainment of about half a dozen people, it must be owned that an impossibility arises when it is required to say how many Maids of Honor a part of gentlemen ought to devour at one sitting, if, indeed, they ought to be allowed to have any. But as Maids of Honor have become so uncommon at these entertainments, perhaps a little explanation had better be made.

We have among our collected facts and scraps a little menu of one of Washington's dinners, no a state affair, but small and reherche, where perhaps General Washington sat at the head of the table and Lady Martha did the honors at the other end. There is green goose as the piece de résistance, olives are set out among other things, and in two places, both on the right hand and on the left—not of the table, but in the menu—are Maids of Honor. We never serve Maids of Honor for dinner or supper in any hotel or restaurant nowadays, but—

Well, we have another menu of one of Benjamin Franklin's dinners that is almost a facsimile of the other, but has roast forequarter of lamb in place of the green goose, and in the places occupied by the Maids of Honor in that we find dishes of cheesecakes in this. Now, perhaps, some reader will remember that cheesecakes, than which there is nothing in the pastry department better, used to be ever so long ago great favorites with those who gave entertainments to a few friends, and among the varieties of little tarts that bore the name one kind was called Maids of Honor. None of us can tell why. The only peculiarity that made these cheesecakes different from the common seems to be in the use of the lightest puff-paste to line the patty-pans with instead of a plain and unaspiring short paste, making a frilled-edged and beruffled article of much more frivolous appearance than the steady everyday sort of cheesecake. The following preparation does for the filling of both kinds, those made with fine puff-paste and those with common short, or with sweet tart paste.

340—Cheesecakes.

Procure a calf's rennet, such as the cheesemakers use, from the butcher, put a piece the size of two fingers into a vial, fill up with water. When it has stood a few hours strain the rennet-water into a pan of new milk, and stir to mix. In two or three hours the milk will turn to curds and whey. Set the pan over a slow fire to get hot without scorching at bottom, and without stirring. When at the boiling point pour the curd into a napkin set in a strainer, tie and hang up to drip dry. This curd is good for a number of excellent articles. For cheesecakes take:

12 ounces of curd—product of 4 quarts milk.
4 ounces of sugar—½ teacupful.
3 ounces of butter—same measure.
4 yolks of eggs.
Lemon rind grated, or lemon extract.
Grated nutmeg.
Pinch of salt.

Rub the curd, as taken from the draining cloth, through a flour sieve, mash it smooth, add the other ingredients and pound them all together. Line patty-pans with paste, nearly fill with the mixture, bake about fifteen minutes. The curd mixture, though seemingly too firm at

first, melts and puffs up in the oven. Dredge powdered sugar over the tops when done.

As substitutes for rennet curd, which is as sweet as pounded almonds, the curd of sour milk and the curd of a custard that is spoiled through letting it boil, can be used if prepared by scalding and draining in the same way, but will not be quite so good.

MENU NO. XXXIV—BREAKFAST.

341—Melon Salad.

Pare the rind from half a musk melon; cut the melon slices to sizes like sliced cucumbers; place in a bowl; dredge with salt and pepper and shake about with 3 or 4 tablespoonsful of olive oil. When that is well distributed sprinkle with vinegar, a spoonful at a time, enough to flavor and moisten without leaving any residue in the bottom of the bowl. Serve heaped in the middle of a flat platter and garnish with green. Takes the place of fruit at the beginning of breakfast.

342—Fried Oysters—Single Breaded.

Dry the oysters by pressing with a napkin; drop them into beaten egg, in which is a little salt, and out of that into cracker meal. Give them a good coating by pressing with care, not to rub or leave a bare place for the grease to get in. Drop them singly into a frying-pan of hot lard. Fry brown in 2 or 3 minutes. Dish neatly in the middle of a hot platter, with a quartered lemon and sprigs of parsley.

343—Fried Oysters—Double Breaded.

Out of their own liquor into cracker meal, coat well, dip in beaten egg and then in cracker meal again. Fry four or five minutes. Oysters look twice as large as they really are when double breaded.

Various fancies are made known by different people in regard to fried oysters, the commonest being a preference for corn meal to dip them in instead of cracker meal. Fried oysters never look very well done that way and are only served so when so ordered. A hotelkeeper of considerable traveling experience used to say the best he ever ate were breaded with white of egg and cracker meal and patted down flat, then served set on edge with very small and thin pieces of buttered toast between, like so many lamb chops set up in a dish.

344—Corn Bread—Good Common.

1 cupful of white corn meal.
1 large cooking-spoonful of melted lard.
1 cupful of boiling water.
1 small cupful of cold water or milk.
1 egg. Little salt.
1 teaspoonful of baking powder.

Scald most of the meal with the boiling water—which is the most essential thing in making first-rate corn bread—then add the other ingredients, the powder last, and beat up thoroughly. Make baking pan hot in the oven without greasing it. When the batter is poured into a pan hissing hot it never sticks, and there will be no discoloration of burnt grease. It should be over an inch deep in the pan and bake about half an hour. The top crust should be baked quickly that the bread may rise with a smooth top, not cracked open.

Really good corn bread makers are about as scarce as are the makers of fine puff-paste. Few seem to know how good corn bread can be, and how quickly skillful hands can make the people leave all other kinds of bread and prefer this.

Buttermilk and soda can be used instead of the cold milk and powder.

345—Liver and Salt Pork, with Gravy.

Cut three slices of salt or pickled pork, then divide them, making six pieces, and fry them on both sides. Take out the pork and fry six slices of liver in the fat, and pepper it well while cooking. When done on both sides take out the liver and make gravy in the pan by putting in a tablespoonful of flour and stirring it about over the fire until it is well mixed with the fat and gravy, then pour in a cup of water, and let boil up. Strain this sauce over the liver and pork in the dish. If not salt enough from the pork, salt should be added.

346—Hominy Grits, Fine Hominy or Samp.

Experiments tried for the purpose with this troublesome article have proved that if it is washed free from the flour that is in it, put into water that is already boiling, and kept in motion till it boils again, it may then be left to simmer with the lid on for the necessary two hours without danger of burning; and also that it does as well and cooks as quickly without previous soaking in water as with it. Use three cupfuls of water to one of hominy, and add milk and salt when it boils dry. There are such things as double kettles for boiling these mealy articles of diet in, but few care to provide them.

Hominy grits cooked as above, and perhaps with a little butter stirred in, is served either as mush with milk, or as a vegetable, with a dish of liver and salt pork.

347—Baked Bananas.

Peel a dozen bananas and split them in halves lengthwise. Lay these strips in close order in a baking pan, strew sugar over, and some bits of fresh butter, and grate a little nutmeg. Bake in a moderate oven about 20 minutes. They should come out glazed, and if not syrup enough in the pan, a little should be mixed in a cup to baste them with. Serve as a last course with cake and milk.

MENU NO. XXXV.---LUNCHEON.

348—Leg of Beef Soup.

10 pounds of shin of beef.
4 quarts of water.
1 medium onion.
1 ounce of butter.
A bunch of soup vegetables.
1 tomato or some catsup.
Salt, pepper, cloves, flour.

Break the marrow bone and cut the meat in pieces, simmer them in the gallon of water till it is reduced to two quarts. Skim when it first boils, and then throw in six cloves. When the meat is quite done tender strain off the liquor into another saucepan and set it to boil again. Cut the onion across and across into little squares, and fry it in the butter in a frying-pan, but only till it is yellow and not burnt; then put in a tablespoonful of flour and stir it up with the butter and onion and set the pan in the oven for a minute or two to brown it for thickening.

Cut the soup bunch vegetables into little squares, and throw them into the boiling broth. Chop some of the lean meat, about enough to fill a teacup, and put that in and then the browned flour and onion out of the frying-pan. Let boil gently for about half an hour. Season with pepper and salt to taste and add at least either a chopped tomato, a spoonful of catsup, or a quarter of a lemon cut small.

349—Oyster Pies.

The individual oyster pies of this sort at the restaurants are made of about the size of a common saucer and contain a dozen or more of small oysters. They can be made smaller, of course, to suit other localities and also larger to admit of division. Lay a very thin crust of common pie paste on the plate, put in the oysters and their liquor, dredge with salt and pepper, drop in a piece of fresh butter, cover with a thin top crust and bake quickly in a brisk oven. Serve the pie in a soup plate and pour a little thin oyster sauce or milk stew liquor around it.

350—Potatoes Baked in Milk.

Or Dutch baked potatoes. The excellence of potatoes cooked this way is dependent upon slow baking to evaporate the milk without burning it. Cut enough potatoes in thick slices to half fill a two-quart pan or dish. Drop in butter the size of an egg, in little bits, a teaspoonful of salt and a tablespoonful of chopped parsley, then fill up the pan with milk and bake for two hours. The milk remaining in the pan should by that time be as thick as cream, and the dish should be light brown on top.

351—Corned Beef in Jelly.

Take some streaked pieces of corned beef, either thin flank or brisket with the bones removed, wash in cold water, then roll up to about the thickness of a wrist, and tie tightly with several turns of twine. Boil the beef gently for at least three hours, then set it away to get cold. Slice the rolls, lay the slices on a large platter, and pour clear aspic jelly (No. 317), just enough to cover them. The jelly should be only just warmed sufficiently to run, as if hot it will melt the fat and make a bad appearance. When again cold and set cut out the slices with the jelly coating them, place on another platter, and ornament with parsley, cress, cooked beets, or shred pepper pods.

352—Tomatoes in Mayonaise.

Select smooth apple tomatoes, pare them, without scalding, with a sharp knife, cut each one in three or four slices, but leave them in place, the tomatoes appearing whole in the dish. Keep cold till wanted, then serve with a spoonful of mayonaise dressing (No. 68) on top of each tomato, and a border of shred lettuce, cress or other salad green around the dish.

353—Apple Souffle.

On account of the scarcity of culinary terms, the word souffle has to stand for a great number of light articles that may have very little resemblance to each other. This consists of a border of dry stewed apple raised in a large dish or an ice cream saucer, as the case may be, the hollow middle filled with boiled custard and whipped white of egg and sugar, like the frosting on lemon pies, piled on top. It need not be baked, but the top may be browned by holding a red hot shovel over it or on the shelf in the oven. Serve cold.

354—Wafer Gingerbread.

1 cupful of butter.
2 cupfuls of light-brown sugar.
1 cupful of milk.
4 cupfuls of flour.
1 teaspoonful of ground ginger.

Warm the butter and sugar slightly and rub them together to a cream. Add the milk, ginger and flour. It makes a paste like very thick cream. Spread a thin coating of butter on the baking pans, let it get quite cold and set, then spread the paste on it no thicker than a visiting card, barely covering the pan from sight. Bake in a slack oven, and when done cut the sheets immediately into the shape and size of common cards. This is also known as euchre gingerbread, is served in packs and eaten between games.

MENU NO. XXXVI—DINNER.

355—Pure Soups.

A puree is a pulp of meat, vegetables or fruit pressed through a seive. Mashed potato is a puree of potatoes, technically. A number of soups are made by thickening them to the consistency of gravy with these smooth pastes,

such as puree of chicken, rabbit, etc., and puree of turnips, peas and beans

As these soups are imperfect when the pure-sinks in them like a sediment in the plates, leave ing the liquor thin and clear, a number of precautions and expedients are generally attached to the directions for making them, to the extent of causing them to appear very formidable and difficult, as, for instance, it is said the soup must never boil after the puree is added, but be constantly stirred. In regard to the present example, only two little points need be made, and nothing is easier than to produce this favorite soup in perfection:

Be sure that the beans are cooked perfectly, to a state of mushiness, before they are mashed, and use, beside, a very little flour thickening in the soup. The bean purse will then never sink as long as the soup is kept hot whether it boils or not. The same hints apply to all vegetable purees.

356—Puree of Bean Soup with Crusts.

The special seasonings that make this soup good are mustard, butter and minced red pepper, to be added at last. A little of the liquor from the boiling corned beef or a knuckle bone of ham will improve the flavor.

2 quarts of soup stock.
1 cupful of navy beans.
1 tablespoonful of minced onion.
Butter size of an egg (optional).
1 teaspoonful of made mustard.
Parsley, salt, little minced red pepper.

Make the soup stock by boiling almost any kind of meat and marrow bones in a gallon of water, with the usual soup bunch of various vegetables in it, untill the liquor is reduced nearly one-half. Then strain it and skim off the fat.

Boil the beans as directed at No. 319, with the pinch of soda to help dissolve them, and when perfectly soft mash them through a seive or gravy strainer. Have the stock boiling; pour it to the puree gradually and stir to mix. Throw in the minced onion. Set on the side of the range or on bricks on the stove top, and let simmer 15 or 20 minutes. Season as already indicated. Add a spoonful of thickening along with the mustard. Sprinkle parsley over the surface. Serve with crusts.

357—Conde Crusts for Soup.

It is a common fault to make these large and unsightly. When, in addition, they are burned in the oven, they spoil any soup, however well made.

Shave away the dark crust from cold rolls or slices of bread; cut the bread in neat, dice shapes of even size, and toast it in a pan in the oven to a light brown color all over. Pour from six to twelve in each soup plate before the soup. It is better not to add these crusts to the soup in the pot, as they dissolve and give it a bad appearance.

358—Boiled Codfish, with Oyster Sauce.

Boil in plain salted water generally about half an hour, or until the meat of the fish will leave the back bone. Serve with white oyster sauce.

359—White Oyster Sauce—Common.

1 cupful of stock, or liquor from boiling fish.
2 dozen oysters and their liquor.
Butter, size of an egg.
1 tablespoonful of flour.

Have the fish liquor boiling, and pour it to the oysters to shrink them, strain the liquor away from them and boil it. Skim, stir in the flour made into thickening with a little water, then the butter, and at last the oysters. As soon as it begins to boil again take from the fire before the oysters become hard.

360—Roast Turkey, with Cranberry Sauce.

Choose a small, fat hen turkey or young but full-grown gobbler for straight roasting, as the largest turkeys are tough unless boiled before being roasted, and a fowl of any kind is never quite so good done that way as if cooked entirely in the oven.

Singe, pick over and wash the turkey and truss it with the legs in the body and wings bent under the back. Put it in a pan with a tablespoonful of salt, a cup of water and any ends of beefsteak or trimmings of roasts that can be spared to enrich the pan gravy. There will be required, also, a cupful of sweet drippings from the previous day's roasting or fat from the soup stock or lard or butter.

Roast the turkey about an hour and a half. Baste frequently with the liquor from a corner of the pan. As soon as it has begun to brown lay a greased sheet of paper on top to keep it from blistering. Roll the turkey over occasionally that it may color all over alike, but do so without ever sticking a fork into the meat. It is a good sign that a turkey is done when little jets of steam burst out of the breast and thick parts. While the turkey is cooking boil the gizzard and heart in a little water, and when done cut them into dice. Let the pan gravy dry down after the turkey is taken out until the fat can be poured off quite clear. Pour a cup of water into the pan and let it boil to dissolve the brown glaze, then stir in a spoonful of flour thickening. Strain the gravy into a bowl, and add the cut up gizzard to it. Serve some of this brown gravy with the turkey and cranberry sauce in individual sauce dishes separately.

361—Cranberry Sauce for Turkey.

2 large cupfuls of cranberries.
1 small cupful of light brown sugar.
1 cupful of water.

Wash the berries, put them in a saucepan with

the water, spread the sugar over the top, cook with a lid on for half an hour. Pour off a glassful or two of the clear syrup, if wanted for cold jelly, before stirring up the berries, then mash them with a spoon. Sometimes, from motives of economy, the stewed cranberries are mixed with an equal amount of brown sauce from the turkey pan on the same plan as some of the game sauces made with fruit in gravy.

362—Browned Sweet Potatoes.

If the potatoes are of good size pare them before cooking, split lengthwise and steam them until done. Turn them into a baking pan, sprinkle with salt, moisten wi h spoonfuls of fat from the roast meat pan and bake them a handsome brown. Sweet potatoes will not bake to a rich color and be really good unless they are first steamed or boiled thoroughly done. Thin and stringy potatoes can be steamed first and peeled afterward.

363—Cooking Sweetbreads and Brains.

It is generally agreed that a knowledge of a number of what are called side dishes in private houses and entrees in hotels is a desirable thing in a cook, if only to break up a dreary repetition of dishes in the daily menu in one case, or to surprise the home-coming head of the family with a little freshness and variety in another, yet this knowledge is hard to acquire, not through the real difficulty or complication of the matter itself, but because of the incomprehensible nature of all printed directions that include some three or four, or more, separate operations to produce one not very important result, causing the mystified and impatient reader to say, with the girl in the play, "Oh, we'll just stuff 'em with beans and ingons, and let 'em stew."

Thus we have known professed cooks in good hotels, who never mastered more than ten or twelve of these entrees, which they had to shuffle up and deal out as variously as they could, while the articles, however placed, were always recognizable as the same.

Should we here, in directing the making of the following little dish, which really in the main part takes but a few minutes, begin at the beginning, with steeping the sweetbreads in cold water, there would be in all five different operations to perform to prepare two sweetbreads for the table. However, if the learner will remember that both sweetbreads and brains are always boiled first, before any of the little dishes are made of them, and that they may and ought to be boiled the day before they are wanted, and be already cold to cut up for side dishes, then the directions are shortened one-half and may begin to appear plain.

Steep and wash the sweetbreads in cold water, then boil them until tender. If calves' sweetbreads, they will be done in half an hour; if beef sweetbreads they will take twice or thrice as long. There should be a little salt and vinegar, or lemon juice in the water they are boiled in. When done take them up on a d sh, and set them away to get cold. The liquor may be used instead of water to make the sauce for them afterward, the fat being removed when it has become cold.

With brains, proceed in the same way, washing away the blood before cooking, and after they are boiled picking them over, and peeling off the dark places. Brains need to simmer gently, in salted water only, twenty or thirty minutes.

364—Ragout of Sweetbreads and Mushrooms.

2 or 3 large sweetbreads, or 1 pound.
½ can of mushrooms.
2 ounces of butter—size of an egg.
1 tablespoonful of flour.
Little minced onion and ham for seasoning.
Juice of 1 lemon.
Cayenne and salt.
Fried shapes of bread for the border.

Take the sweetbreads already cooked and cold, and cut them into large dice.

Make the sauce for them in a deep saucepan, first putting in half the butter, a large teaspoonful of minced onion and a very thin slice of ham, and when these are cooked enough for flavor without browning put in the flour and stir the mixture over the fire until it begins to color. Then add gradually the mushroom liquor and a cupful of the liquor the sweetbreads were boiled in; let it boil up and become thick. Add a pinch of cayenne. Next, melt the other piece of butter in a frying-pan, put in the mushrooms and the cut up sweetbreads and shake them about over the fire until they begin to show color; take it off, squeeze in the juice of the lemon and then strain in the thick sauce from the other vessel. Dish them heaped up in the center of a flat platter, or of small dishes for individual orders, and place a border of thin shapes of bread fried in lard around the edge.

365—Fried Crusts or Shapes for Garnishing.

In a case where economy is not in question the handsomest shapes for a border can be made by taking a stale, long and narrow loaf of bread and trimming down on both sides to some pattern (like a piece of carpenter's molding), so that when it is sliced up with a sharp knife the slices will be heart-shaped, or leaf or club or spade-shaped, etc., and all alike. Simple triangles may be set up on edge around a large dish, and fastened to stand by dipping the bottoms in egg and then making the dish hot enough to dry it. This makes a raised case, into which a ragout like that of the foregoing recipe may be poured. Or a long and slender leaf shape may be laid on

the small dish, projecting well over the side, and the ragout or fricassee dished upon the end of it.

All these shapes are first to be fried, either in lard or the clear part of melted butter. They take but about one minute in the fat, when it is hot, and need care to have them all of a nice, even color. Cold rolls and slices can be used in similar ways.

366—Stuffed Onions.

6 or 8 large onions.
½ cupful of sausage meat.
½ cupful of bread crumbs.
1 egg.
1 cupful of brown sauce.
Pepper and salt.

These have to be prepared early, as it takes a long time to cook onions tender.

Peel the onions and boil them in water 10 minutes; both to extract some of the strong taste and to make the inside easy to remove. Then drain them and push out about half the insides; chop these and mix with them the sausage meat, and bread crumbs, and egg, and a good pinch of black pepper, and little salt. Stuff the onions with the mixture and heap it a little on top to use up the surplus. Place them in a deep pan that will go in your steamer and let steam about an hour and a half. Then brown them off in the oven with the cup of gravy poured in the pan.

When not convenient to steam they can be simmered in gravy in the oven if kept covered with a greased sheet of paper. Any kind of minced cold meat, or part raw and part cooked without an egg, can be made into a savory side dish in the above manner. See hints at Nos. 247 and 248.

367—Indian Fruit Pudding.

3 cupfuls of milk or water—1½ pints.
1 cupful of yellow corn-meal—6 ounces.
1 teacupful of minced suet—3 ounces.
½ teacupful of black molasses—3 ounces.
2 eggs. Little salt.
1 cupful of seedless raisins—4 ounces.
Same of currants.
½ teaspoonful of ginger, cinnamon, or grated lemon rind.

Make mush with the meat and water and let it cook well with the steam shut in for an hour or two. Then mix in all the other ingredients, the fruit previously dusted with flour, and bake it in a pan or mold about an hour. Cover with greased paper to keep the fruit from blistering. Three heaping cups of corn-meal mush ready made will do as well. The above makes a quart of pudding.

368—Lemon Butter Sauce for Puddings

½ cupful of sugar.
1 tablespoonful of corn starch.
1 cupful of water.
Butter size of a walnut.
1 small lemon.
Yolks of 2 eggs.

Grate the rind of the lemon into the sugar, put in the starch and mix them well together dry, stir them into the water already boiling in a saucepan. Add half the juice of the lemon and the butter. Pour some of the sauce to the yolks, beat up, then mix all and almost immediately take the sauce from the fire before the yolks curdle in it.

Any of the foregoing sauce that may be left over can have the whipped white of an egg added and be used to fill paste-lined patty pans for tarts or cheesecakes.

369—Pumpkin Custard Pie.

1 cupful of dry, mashed pumpkin.
1 cupful of common custard.

A common custard is one egg to a cup of milk and two tablespoonfuls of sugar. Prepare this mixture in a bowl, and stir the pumpkin into it. If the pumpkin be not dry—either baked or steamed—another egg may be needed to make the pie set. Add a grating of nutmeg or a little ginger. Bake in two deep pie pans lined with paste.

370—Good Common Mincemeat.

2 pounds of minced beef or tongue.
3 pounds of suet.
4 pounds of currants.
3 pounds of apples.
1 pound of raisins.
1 pound of brown sugar.
1 ounce of mixed ground spices.
1 pound of candied citron, or the same of orange and lemon rinds boiled tender.
1 pint of common brandy.
3 quarts of cider, or enough to make it juicy.

Put the raisins in whole. Mince all the rest, seasoning the meat and suet a little with salt and pepper. Should be kept three or four weeks before using.

Makes about 2½ gallons, or 40 or 50 pies.

Nothing is saved by buying trashy currants. They have to be well washed and picked over free from stones, and the more dirt there is the more will wash away. Some currants are like small raisins, nice and clean and large. There is no waste in them.

371—To Clean Currants.

Put them into a colander with holes not too large; set that down in a pan half full of warm water and stir the currants about vigorously. The dirt will go through the holes. Pour the water away two or three times. This is the quickest plan, and most thorough. Spread the currants out in a baking pan; pick them over and let them dry for use.

372—To Clean Raisins.

When sultana seedless are furnished, or even the larger kind of seedless raisins, put them in a colander with a handful of flour mixed in, and rub off the fine stems, which then, by sifting about, will fall through the holes. When the greater part have been so got rid of the raisins must be picked over separately, especially to remove the gravel stones that may chance to be among them. Layer raisins have to be seeded to be good in anything—a most tedious operation, and requiring such help as can be had.

MENU NO. XXXVII.—TEA.

373—Oysters Sauteed or Fried Without Eggs.

Out of their own liquor into cracker-meal, press and coat them well without rubbing, as the coating will not stick a second time.

Put a little butter, say as big as a walnut, into the frying-pan and when it is melted lay in the oysters close together and fry them light brown, and the quicker the better, not to let them cook hard and tough. One side being done invert a plate that will just fit upon them in the frying-pan, turn over—there should be butter enough in the pan to spill—and then slide them from the plate into the pan again to brown the other side. Dish them up without breaking apart and garnish with parsely and lemon.

374—Chipped Beef in Butter.

Shave dried beef very thinly either with a knife or inverted plane. Put into a pan enough butter to cover the bottom when melted and then a cupful of the shaved beef. Dredge with pepper. Stir about. When fairly hot through it is done. May be served heaped up on thin toast or in individual deep dishes.

375—Chow-Chow—Home-Made.

2 quarts of green tomatoes.
1 large head of cabbage.
1 dozen large cucumbers.
1 dozen onions.

Chop fine, sprinkle plentifully with salt and let stand over night. Then drain off and cover with weak vinegar and let stand two days. Drain off again and add

3 quarts of cider vinegar.
½ pint of grated horseradish.
4 ounces of white mustard seed.
½ ounce of celery seed.
1½ ounces of ground cinnamon seed.
2 tablespoonfuls of turmeric.
Same of ground mustard.
½ pound of sugar.
2 tablespoonfuls of black pepper.
2 green peppers chopped fine.

Boil up all together a few minutes, and when cold it is ready for the table. Keep in jars, covered down.

376—St. Charles Corn Bread.

A sort of cornmeal cake, but not sweet, once famous on the lower Mississippi.

2 small cupfuls of white cornmeal—8 ounces.
Butter size of an egg—2 ounces—melted.
1 cupful of boiling water—½ pint.
Same of cold milk.
2 eggs.
½ teaspoonful of salt.
1 teaspoonful of baking powder.

Pour the boiling water into the meal, wetting and scalding it all. Then add the melted butter, salt and milk and then the eggs.

Put a cake mold into the oven to get hot. Add the powder to the batter and beat up thoroughly with an egg whisk; then pour it into the hot mold, which need be greased. Bake carefully, like a cake, about ½ hour. The batter for this when ready to be baked should be as thin as if for batter cakes, and the top crust should be the first to bake, to prevent cracking open. Eat hot.

377—Compote of Apples.

This is but another term for apples stewed in syrup. A compote of fruit is understood to be different from stewed fruit, in being richer with sugar and the fruit being either whole or in large pieces.

Five ripe apples of a kind that have proved to be good to cook make a delightful sweet dish for tea in this way:

4 large apples.
1 cupful of sugar.
½ cupful of water.

Piece of orange peel or lemon peel, or cloves, or stick cinnamon for flavoring.

Put the sugar, orange peel and water on to boil in a deep saucepan. Pare the apples, cut each one in three and cut out the cores. Drop three or four pieces at a time into the boiling syrup, and let simmer about fifteen minutes, or until done and almost transparent; take them out with a fork, and cook some more in the same syrup, and so on till all are done. Serve in dessert saucers. The apples can be colored pink by adding red fruit juice or currant jelly to the syrup.

378—Water Sponge Cake.

Valuable recipe. Excellent sponge cake and cheap.

½ cupful of sugar—4 ounces.
2 eggs.
6 tablespoonfuls of water.
1 cupful of flour—4 ounces.
1 teaspoonful of baking powder.

Separate the eggs—the whites in a bowl or dish, the yolks in the mixing pan. Put the sugar and water in with the yolks, and beat them till they are a thick yellow froth. Mix the powder in the flour, add that and stir up well. Whip the whites firm, add them last. Suitable to bake in a cake

mold, or in gem pans, with powdered sugar on top, or in a sheet spread on paper for jelly roll or for lining Charlotte molds.

MENU NO. XXXVIII—RECEPTION.

379—Potage aux Amandes.

3 quarts of white soup stock.
1 tablespoonful of minced onion.
A slice of lean ham.
½ blade of mace and piece of nutmeg.
6 cloves.
A sprig of green thyme.
1 pound of almonds.
1 pint of thick sweet cream.

Make the stock by boiling an old fowl and about ten pounds of veal and veal bones in about five quarts of water until it is reduced three quarts, and sets in jelly when cold—about five or six hours of gentle boiling at the side of the range. Take care while it is heating at first that the veal does not burn on the bottom.

Never put raw ham in a soup boiler along with raw veal, lest it turn the stock red; but when this stock is nearly ready to take off put in all the seasonings named in the list, except the almonds and cream, and let boil long enough to flavor. Strain off into a jar or pail, take off the fat, then again pour the stock. without the sediment, into a clean saucepan, and set it over a slow fire.

Boil the almonds a few minutes and peel them, cut about one-fourth of them into shreds to go into the soup at last. Pound the larger portion to a paste, a few at a time, and add spoonfuls of water while pounding; add the paste to the soup and season with salt. Boil the most of the cream separately and add it to the soup along with the reserved almonds just before serving.

Cream or milk added to a soup that is rich enough to become jelly when cold will turn to curd, fine like meal, if allowed to boil. The same takes place in a rich stew or fricassee. Although this is not always a disadvantage it is undesirable in a soup that should be smooth and creamy, hence the necessity for reserving the boiling cream until the last minute.

Serve the foregoing soup hot in cups, and let some one be ready with a bowl of cold cream whipped to a froth and drop a tablespoonsul in each cup as it goes in. There will be about 25 cups.

380—Scalloped Oysters in Silver Shells.

7 or 8 dozen oysters and their liquor.
1 pound of fine bread crumbs.
1 pound of fresh crushed oyster crackers.
12 ounces of butter.
1 pint of milk.
Pepper and salt.
From 16 to 20 silver scallop shells.

Soften the butter and brush a coating of it over the bottom of the shells and strew a layer of the mixed bread and cracker crumbs.

Shake the oysters about in their own liquor in a pan over the fire to make them shrink a little without boiling. Take out with a drainer, and place 4, 5 or 6 in each scallop. Cover with the mixed bread and cracker crumbs.

Strain the oyster liquor, mix the butter and milk with it, add salt and pepper to taste, and divide it by spoonfuls into the scallops, moistening the crumbs all over Wipe the exposed edges perfectly clean. Bake light brown on the middle shelf of the range.

381—Fillets of Trout—Italienne.

Choose brook trout weighing about eight ounces each, or lake herring or cisco or other small fish in their stead. Dip them a moment in boiling water and peel off the skin. Split them lengthwise and take away the bone and lay the fillets in a dish with enough olive oil and lemon juice to moisten them.

For twenty such fillets five eggs will be needed, a tablespoonful of chopped parsley and some flour. Beat the eggs slightly and mix the parsley in. Drain the pieces of fish from the oil, dip them in flour first, then in egg, then fry in hot olive oil or lard for about five minutes. Drain on a sheet of paper and dredge with fine salt. It is all in the frying whether they come out of a fine golden color or not. Serve in a hot dish with a little Italian sauce poured under.

382—Italian Sauce.

1 cupful of brown sauce (roast meat gravy strained and skimmed).
1 teaspoonful of minced onion.
2 of minced mushrooms.
Same of parsley.
Juice of 1 lemon.
Cayenne and salt.

Pour half the juice from a can of mushrooms into the brown sauce, add the other ingredients and simmer together for fifteen minutes.

383—Mashed Potatoes in a Mold.

When mashing the potatoes add one or two eggs, with the usual cup of milk, to enough potato to fill a 2-quart mold. Butter the mold well, fill and bake it half an hour set in another pan containing water. Turn out onto a dish.

384—Rissoles of Partridge.

3 roast partridges.
½ cupful of mushrooms.
1 small cupful of butter.
Same of flour.
1 cupful of cream.
Same of broth or water.
A slight grating of nutmeg.
A little lemon juice.
Pepper and salt.

Cut the meat of the roast partridges into the smallest possible dice, mince the mushrooms and add, sprinkle with a teaspoonful of mixed pepper and salt, grate a little nutmeg and squeeze a lemon over it.

Make cream sauce by stirring the butter and flour together in a saucepan and adding the broth and cream when it begins to bubble, and when the sauce is ready moisten the meat with it, stir up well and set it away to become cold. Then make out in rolls about the size of a finger, roll in flour, then in egg, then in cracker crumbs and fry in hot lard. Pile in the dish and garnish with fried parsley.

385—Reed Birds, Roasted.

Pick and singe them, cut off the heads and feet, wipe clean without drawing them. Wrap a very thin piece of fat bacon around each one and run a skewer through about a dozen of them placed side by side. Make the oven hot and roast them with the ends of the skewers resting on the edges of a shallow pan on the top shelf. Turn them over once while cooking and brush over with butter. They should be done in six or eight minutes. Dish up on a bed of fried bread crumbs, withdrawing the skewers when the birds are in place.

To prepare the bread crumbs cut two slices of bread extremely thin and cut them again into very small dice. Fry these a few moments in the clear part of melted butter made hot for the purpose. Take up with a skimmer and drain.

386—Stewed Celery.

Cut tender, white outside stalks of celery into 3-inch lengths and boil them for 10 minutes in salted water. Then throw away the water and fill up instead with clear strained soup stock, add minced onion and parsley. Boil until the celery is tender, throw in a piece of butter softened and stirred up with flour, and shake the stew until thickened. Dish the pieces in straight order and pour the sauce over them.

387—Turkey in Mayonaise Jelly.

Cut the breast of a cooked turkey or chicken into slices and then, either with a round tin cutter or a knife, cut these again into shapes all alike.

Make some good mayonaise sauce with lemon juice (No. 68), and mix with it nearly an equal amount of aspic jelly (No. 317), barely warmed enough to melt it. Cover the slices of turkey in the dish with the mayonaise-jelly and set the dish in the refrigerator. Mince a slice of cooked blood beet extremely fine and some parsley the same. Take up the slices of turkey on a fork, when the jelly is set quite firm, and dip the upper side lightly into the minced parsley, and then into the beet, making them appear sprinkled over, and place in neat order in a clean dish. Garnish the edge with green, such as shred lettuce.

388—Snow Cake and Fairy Butter.

For the cake take:

7 ounces granulated sugar—a small cup.
6 ounces uncolored butter—the same.
9 whites of eggs—8 ounces.
4 ounces of flour—a cupful.
5 ounces of corn starch—the same.
Little lemon juice or cream tartar.
½ cupful of milk.
Flavoring extract.

Warm the butter enough to soften it, rub it and the sugar together to a cream, add the white of eggs a little at a time without previous beating, then the starch and flour. When these are well mixed add the milk and juice of half a lemon or a small teaspoonful of cream of tartar, and a teaspoonful of lemon extract. Grease and flour a mold, and bake the cake about half an hour. It is best when not too deep in the mold.

389—Fairy Butter.

The yolks of 4 hard boiled eggs.
1 teacupful of the best butter.
3 heaping tablespoonfuls powdered sugar.
1 teaspoonful orange flower water.

Either grate the yolks or pound and rub them smooth in a bowl, mix the softened butter with them and the sugar and flavoring. Set the mixture where it will get cold, and afterward rub it through a sieve. It looks something like vermicelli.

Pile the fairy butter lightly in the middle of a cake dish, cut the snow cake in slices and lay around. They are to be eaten together like bread and butter.

390—Pineapple Sweet Salad.

1 pineapple.
1 teacupful of powdered sugar.
½ cupful of maraschino.

Peel a pineapple, cut it into uniform slices and cover them with the sugar in a glass dish. Let it remain to form a syrup, and when to be served add the maraschino.

391—Meringues with Wine Jelly.

4 whites of eggs.
1 small cupful fine granulated sugar.
Vanilla or lemon flavoring.

Put the whites into a deep bowl, pan or pail, have them cold and beat with a bunch of wire until the froth is firm enough to bear up an egg. Put in the sugar and a few drops of flavoring extract, and beat about half a minute longer.

These meringues are to be hollow, mere shells of pasting, and to make them so they are baked on pieces of board that will not let the bottoms cook.

Cut some strips of paper two inches wide, place them on boards that will go in the oven, drop

large spoonfuls of the meringue paste on the paper and form them in egg shapes or round, smoothing them with a knife dipped in water. Sift a little sugar over them, and dry bake in a slack oven about twenty minutes. Too much heat will cause them to melt and go down. When they are cold take them off the paper, and with a knife scoop out the soft inside. When to be served cut different colors of clear wine jelly into small dice, mix them together, and pile up in the meringues, which serve as cups. Whipped cream may be used the same way instead of jelly. These meringues can also have a little whipped cream inserted and be joined by twos together by the bottoms.

392—Star Kisses.

A simpler form of meringue made of the same paste or frosting as the foregoing, common in shops and hotels: Procure a tin star tube from the furnishing store. It is about the length of a finger and the point cut serrated. This is inserted in the point of a funnel shaped bag, which is then filled with the paste, and star-shaped drops are pressed out on to baking pans slightly greased. They are baked to a light fawn color and slip off the pans easily when cold. No filling required. A sheet of paper can be pinned in shape and the point cut so as to do duty temporarily in place of the tube.

393—Wine and Fruit Jellies.

To make the brilliantly clear, many-hued, and delicately flavored jellies that are found on the tables of the best hotels and at the confectioners', the simple lemon jelly has first to be made in perfection. It is technically called stock jelly, because, when finished, it can be mixed with wine or other liquors and cordials, or be flavored and colored to make as many varieties as may be desired.

It may be as well to explain that these jellies are transient and will not keep over two or three days, not like the boiled fruit jellies, but of the same nature as the old-fashioned calf's foot jelly, made now with gelatine.

Once making stock jelly should serve either for a large party or two or three meals.

For 3 quarts of jelly take:

3½ quarts of water.

1½ pounds of sugar.

4 ounces of gelatine.

5 lemons—juice of all, thin shaved rinds of 2 or 3, according to size.

1 ounce of whole spices—cloves, mace, and stick cinnamon.

5 whites of eggs to clarify it.

Put the water in a bright brass kettle, add all the other ingredients—the lemon juice squeezed in without the seeds, the yellow rind pared very thin, and the white of eggs beaten a little with some water mixed in first. The clean egg shells may be put in also to assist in the clarification. Use the sheet gelatine that floats, for preference. Then set the kettle on the side of a range and let it slowly come to a boil with occasional stirring.

Let it boil about half an hour, and above all, to avoid the trouble and waste of having to boil it again, be sure that the white foam of egg on top becomes thoroughly cooked so that it will go down and mix with the jelly again like so much meal. Sometimes, to accomplish this, as a lid cannot be kept on without its boiling over, it is necessary to set the kettle in the oven a few minutes to get heat enough on top.

Then run it through a jelly bag suspended from a hook. The boiling having been properly attended to, there should not be the slightest difficulty in getting it to run through not only clear but bright and transparent as glass. The first pouring coats the inside of the filtering bag with the coagulated white of egg, and each succeeding running through brightens the jelly.

It may be set down as a rule that this kind of jelly cannot be successfully made without more or less lemon juice, or some acid equivalent—it will not run through a filtering bag without. A cheaper quality can be made with less sugar and lemons.

The stock having been made, it can now be divided into as many kinds as may be wished. But the stock jelly is already good and mildly flavored and care should be taken not to over season it, or injure its bright appearance.

Jelly is quite as much for ornament as use. It can easily be made to attract notice at the finest table for its luster and rich colors even if never tasted, therefore its appearance is the main consideration. Lemon extract cannot be put into jelly because it makes a milky appearance and dims its brilliancy. Orange extract the same. Most of the other extracts can be used to flavor. Use wine in small proportion to mix with some of the stock, and color deep red, but run through the jelly bag again while it is yet warm. Flavor some with vanilla, and color it either amber or brown with burnt sugar. Flavor some with strawberry and color it pink, and leave some plain, pale yellow.

394—One Quart of Jelly.

The rule is, for good quality:

1 quart of water.

1½ ounces of gelatine.

8 ounces of sugar.

1 or 2 lemons.

1 teaspoonful of whole mixed spices.

2 whites of eggs and the clean shells.

But a cupful of water must be added to allow for evaporation and loss, unless it is intended to add ½ pint of wine to the stock jelly produced.

For jellies to serve ordinarily at dinner peur them in bright pans an inch or more in depth, and when set cut out little diamond-shaped blocks and serve two such pieces of different color in the same saucer.

395--Apricot Ice.

3 cupfuls of apricots cut in pieces.
1 cupful of sugar—8 ounces.
2 cupfuls of water.
The kernels of half the apricots.
2 whites of eggs.

The ripest and sweetest apricots, if the fresh fruit be used, should be kept out, one cupful to be mixed in the ice when finished.

Stew the other 2 cupfuls and the peeled kernels in the water and sugar for a few minutes, rub the fruit then with the back of a spoon, through a strainer into the freezer along with the syrup. Freeze like ice cream and when it is nearly finished whip the two whites to a firm froth, mix them in and turn the freezer rapidly a short time longer. Stir in the cut apricots just before serving. Canned apricots can be used as well, and if in syrup that can be mixed in also.

396—Eckhart's Wedding Cake.

The recipe was presented by the caterer to a Chicago belle whose marriage feast he prepared. It has traveled an immense distance since, and come to light again in the heart of a great wilderness.

2 pounds of sugar.
1½ pounds of butter.
12 eggs.
2 pounds of flour.
8 tablespoonfuls of wine.
Same of brandy.
6 nutmegs ground or grated.
5 pounds of raisins.
4 pounds of currants.
2 pounds of citron.

Stone the raisins, wash and dry the currants, cut the citron small, then mix all three together and dust them with a cupful of flour.

Mix the first four ingredients together the same as if for pound cake, add the liquors, nutmeg, and then the fruit.

Line the mold with buttered paper, and wrap another paper around the outside and tie it with twine. Bake the cake about three hours.

397—Iced Tea.

To have it perfect and without the least trace of bitter, put tea in cold water hours before it is to be used; the delicate flavor of the tea and abundant strength will be extracted, and there will not be a trace of the tannic acid, which renders tea so often disagreeable and undrinkable. You need not use more than the usual quantity of tea. Put broken ice in it a few minutes before serving.

Iced tea can be served with a light froth, like that of ale, on top, if shaken with the ice in it in two glasses placed one over the other—the brims together.

MENU NO. XXXIX.—SUPPER.

398—Oyster Stew—Milk Stew.

Cook the oysters and the milk in separate saucepans. Dip the oysters from the saucepan into the bowl they are to be served in, add a ladleful of milk and a small piece of fresh butter. Serve crackers, butter and shred cabbage separately with the stew.

Oysters do not always curdle the milk when boiled in it, but there is always a danger that they may, so the rule is not to run any risk. Besides, to cook the oysters in the milk, although good for flavor, always makes a dingy looking stew, with a scum on top. To obtain the best quality and appearanee, boil some oyster liquor separately and keep it ready for orders. As it reaches boiling point the scum on top can be skimmed off, and after that pour it through a fine strainer into a clean saucepan, and you have the oyster essence clear and ready for use without detriment to the appearances.

It is with cooking an oyster as with cooking an egg. It may be either soft boiled or hard boiled, only there is the difference that an oyster boiled hard is spoiled. To cook oysters for stews set some of the liquor that has been boiled as above mentioned, on in a little saucepan and drop in the oysters with a fork. Add a pinch of salt and pepper, shake them back and forth while heating and as soon as the liquor fairly boils they are done. Time about three minutes for one stew.

399—Plain Stew.

The oysters cooked as above with the liquor only served with them, and no milk.

400—Dry Stew—Restaurant Order.

The same as plain stew without the liquor, or with only a spoonful.

401—Boston Fancy Stew — Restaurant Order.

The milk stew with a slice of buttered toast floating in it and the oysters on the toast. Use a large, shallow bowl, put the square of toast in it first, drain the liquor of the stew into it and place the oysters neatly.

402—Fried Smelts.

Draw the fish through the gills without opening them and wipe them clean. Dip in beaten egg and cracker meal. Be careful not to rub off

the breading, as it will not stick a second time, and there is a bad appearance when fried. Fry a few at a time in a pan of hot lard. They should be done and of a handsome light brown color in 4 minutes.

403—Potato Boulettes in Cream.

Scoop out a cupful of potato balls the size of cherries (See No. 282), steam or boil them, and when just done and before they break pour over them some hot cream sauce, or thickened milk with salt and butter in it.

404—Teal Ducks, Broiled.

There are blue-wing and green-wing teal, nearly alike, though the blue-wing seems to be preferred; and the butter-ball duck comes next in quality and size.

Having picked and singed them, split them down the back and draw them. Cut off neck and feet. Wash them off quickly in cold water and wipe dry, and flatten them slightly to broiling shape with a tap of the cleaver. Lay the duck on a plate, dredge with salt and pepper and brush over both sides with butter. Broil on the gridiron over clear coals, the inside first, about 15 minutes. Serve on a hot dish, with a border of small pieces of toast or chip potatoes, and with currant jelly or a quartered lemon, or with the following sauce.

405—Orange Sauce for Game.

1 orange.
1 cupful of brown sauce.
½ cupful of claret.
A little cayenne.

Shave off very thinly the yellow rind of about a quarter of the orange and boil it in the brown sauce about 10 minutes. Cut half the orange into small slices and remove the pith and seeds.

Strain the brown sauce from the peel, throw into it the orange slices, squeeze in the juice of the remaining half, add the claret and cayenne, let boil up and skim off the film that will rise.

If there is no brown sauce on hand soup stock can be used and thickened with a spoonful of flour worked in a small piece of soft butter. Pour the sauce under the ducks in the dish and dispose the juice of orange around them.

406—Fried Hominy Cakes.

1 large cupful of cooked coarse hominy.
1 tablespoonful of flour.
1 egg.

Take cold hominy that has been well cooked and is dry (see No. 322) and pound it with a potato masher to make it adhesive, mix in the flour and egg. If not already seasoned it will require salt and a little butter. Make it out in flat biscuit shapes with floured hands and fry brown in a frying-pan.

407 String Beans, French Way.

Drain away the water from a can of string beans, put them into a small sauce-pan and shake them over the fire, without water, until they are quite hot. Put in a piece of fresh butter, the size of an egg, salt, pepper and the juice of half a lemon, or a spoonful of vinegar. When the butter has melted and become hot they are ready to serve.

408—Chicken Salad.

Pick the meat from a boiled fowl and cut it into very small dice. Cut likewise about the same quantity of celery not quite so small and put them into separate bowls. Season both with salt and white pepper, and a few tablespoonfuls of olive oil and the same amount of vinegar. Stir to mix thoroughly. When to be served heap the chicken in the middle of a flat dish or dishes, place the celery around it as a border, and spread over the chicken a coating of thick mayonaise. Garnish with quartered hard-boiled eggs. In the best hotels there is a perpetual change in the salads and ways of placing them in the dishes. The celery and chicken may be mixed together, and, again, be mixed with the dressing, made thin as cream for the purpose, but part left thick for the top covering. The chicken should always be cut, if possible, and not chopped.

409—Mock Mayonaise.

½ cupful of thick cream sauce or butter sauce, cold.
Half as much olive oil.
Same of vinegar.
1 egg.
Salt, made mustard, sugar, cayenne, a small allowance of each.

Any white sauce that may have been made with flour for other articles will answer if thick enough and cold. Drop in the egg and stir it around rapidly; add a tablespoonful of oil, then one of vinegar, and keep stirring and adding by spoonfuls till all is mixed in, then add the seasonings.

This dressing will be thick enough to coat over a salad. It is best to set the pan in ice water while stiring, as it thickens sooner if quite cold.

410—Apple Shortcake.

Make a flaky short puff paste of medium richness by the method described for puff paste, No. 5), using

1 cupful of butter or lard—6 ounces.
2 rounded cupfuls flour—9 ounces.
½ cupful of ice water.

When the paste has been rolled and folded six times cover two jellycake pans with it, trim around and bake them plain. When done spread a thick layer of apple cream on one, place the other on top, and for a finish wet half a cupful of

powdered sugar with two spoonfuls of water; spread this wet sugar over the surface and let it dry.

411—Apple Cream.

2 cupfuls of grated apples.
1 small cupful of sugar.
Butter size of a walnut.
2 tablespoonfuls of water.
1 egg.
Orange or lemon peel for flavor.

Either grate apples on a tin grater or finely mince them; put the specified quantity into a saucepan with all the other ingredients and stir them over the fire about ten minutes.

412—Grapes Glazed with Sugar.

Divide some bunches of grapes into small clusters.

Put into a deep saucepan.
1 pound of sugar.
A large half cupful of water.
½ teaspoonful of cream tartar.

Stir to dissolve the sugar, then set it on to boil, as if for candy.

When the syrup has boiled 10 minutes try a drop in cold water. When it sets so that it is hard to press between finger and thumb and the edges of drops are hard and brittle it is ready.

Take it from the fire, dip the clusters of grapes in (without ever stirring the candy) and lay them on dishes slightly greased to dry. Should the candy become set in the kettle it may have a spoonful or two of water added and be made hot again.

MENU XL—BANQUET.

413—Oysters on the Half Shell.

The small, but fat and shapely oysters are chosen for serving in the shell, preliminary to a dinner, known at present by the names of Blue Points, Shrewsburys, Morris Rivers and others. Brush them clean in cold water before opening. Place four, five or six in each small plate, in whichever shell happens to be the best shaped for holding them, and a quarter of a lemon in the center. For sale by the dozen, the large oysters are naturally preferred.

As to the grades of oysters it may be useful to parties in business to state that "Counts" or New York counts are the largest oysters sold by count and not by the gallon. "Culls" are the largest "selects." "Selects" are the ordinarily large oysters sold by gallon or can. "Straights" are supposed to be of all sizes unsorted. "Standards" are small oysters, and there is a grade below known as "common." These quotations—as the dealers in perishable articles say—are subject to alteration at any time. A can that will hold only three dozen of the largest oysters will hold eight dozen of the small grade, which makes it possible for retailers of a certain class to sell by the dozen at apparently a very low price.

414—Cold Slaw.

Shred tender white cabbage extremely fine, put it into a bowl, sprinkle with salt, mince half a pod of red pepper very small and add that and vinegar enough to moisten. Set on the table in pickle dishes or in individual deep scollops.

415—Olives.

Are in request only in one way, that is raw, in pickle dishes on the table, where they should have broken ice strewn upon them. They are used to some extent in the sauces of entrees and for ornamenting salads, but seldom eaten otherwise than as a cold relish. A small sort can be bought by the keg cheaper for secondary purposes, but Spanish olives in bottles for the table.

416—Winter Salad.

1 cupful of red pickled cabbage.
1 cupful of cooked salsify, cut small.
1 cupful of leaves of water cress.
1 pickled (salt or soused) herring.

Wash the herring, and without cooking it, pick the meat from the bones and cut it small, the cabbage and salsify likewise, mix all together, season with oil and vinegar, pepper sauce, and perhaps a little salt. The red cabbage is for making this a dish of mixed colors; when not at hand some substitute, such as radishes or beets, can be used. Set it in pickle dishes on the table.

417—Potage a la Reine.

2 quarts of chicken broth.
3 solid cupfuls of chicken meat.
1 cupful of boiled rice.
1 pint of cream or milk.
Seasonings.

This is a puree soup like the potato, cream and puree of beans, but thickened, instead, with the paste or puree of pounded chicken and rice.

Procure a pound, or 3 cupfuls of clear chicken meat tender enough to mash to a paste, either from 2 or 3 young chickens roasted, or 1 large fowl boiled. Mince it fine, pound it smooth, add the rice to it while pounding, pour in some of the broth to moisten it, then rub it through a perforated tin gravy strainer or a seive.

The chicken (or veal) broth should have a small bunch of parsley, 1 stalk of celery, a small piece of onion and piece of broken nutmeg boiled in it, and if obtainable a sprig of green thyme, and after that be strained. Mix it boiling hot with the puree of chicken and rice; set on bricks or at the back of the stove to keep hot without boiling, and boil the cream separately and pour it in at last. Season with salt and white pepper.

418—Consomme Julienne.

2 quarts of soup stock.
1 white turnip.
A piece of yellow ruta baga turnip.
1 carrot.
1 onion.
1 head of celery.

Make the soup stock clear by letting it settle in a jar or pail after the first straining from the boiler, removing the fat, and then, without disturbing the sediment, pouring it through a napkin set in a colander or through a jelly bag. The size and quantity of the vegetables is not a matter of much consequence, but too little is better than too much, as they consume time in the shredding. Cut them first into very thin slices, then into shreds an inch or two long and as thin as straws. Put them into a saucepan with butter size of an egg and half as much sugar, simmer in the butter with the steam shut in until they begin to brown on the bottom, then pour in the stock and boil about half an hour. Skim while boiling. Season with salt and cayenne. If not of a light brown color add a spoonful of burnt sugar caramel. It is a clear soup, but it does no harm to give body to it with a spoonful of starch wetted with broth.

419—Baked Sturgeon.

As only two or three ounces of fish is generally served to each person on a small plate, it is easy to calculate the amount to be provided, allowing something like one-third for shrinkage in cooking.

When it is a large fish it is better for this way of cooking to have two broad and not very thick cuts across the fish than to have one solid section, that each person may receive a like portion of the browned surface—in short, for convenience of serving.

Let the fish lie in cold salted water a while before cooking. Put it on in boiling water or broth that has an onion and a quarter cupful of vinegar in it, boil gently at the side of the range for about forty-five minutes. Take it up without breaking, brush over with beaten egg, sift on all the cracker meal or crushed bread crumbs that will stick, put it in a pan with enough of the liquor it was boiled in to keep the pan from burning, and when the surface has become hot enough to set the breading so that it will not wash off, baste with butter and let it brown. Serve with anchovy sauce and a small portion of potato in some form in the same plate.

420—Anchovy Sauce.

1 heaping tablespoonful of flour.
Same weight of butter.
1 cupful of liquor the fish was boiled in.
2 tablespoonfuls essence of anchovies.
1 of lemon juice.
A pinch of cayenne.

Warm the butter and flour, stir them together in a frying-pan and bake light brown in the oven. Pour in the liquor, boil up, strain, add the other ingredients. When there is brown sauce on hand use that instead, with the essence, etc., added.

421—Potato Crulls.

Pare good, smooth potatoes raw. Cut them into thick slices, as many as there will be plates of fish. Cut out the centers with an apple corer, making rings. Take a small penknife and begin inside and cut the slice all around into a coil or string as thin as may be without breaking through till the knife comes out at the outer edge. Fry the crulls in hot lard, light colored. Drain, and sprinkle with fine salt.

422—Boiled Corned Tongue, Caper Sauce.

Fresh tongues put in a jar and covered with the brine or pickle No. 106, will be of a good pink color and nicely salted in from a week to ten days.

Wash off the corned tongue and boil it three hours. Plunge it in cold water and peel off the skin then set it in a hot place. In carving cut slantingly to make long slices that will not run out too small at the thin end. Serve with caper sauce, which is butter sauce with a little of the caper vinegar mixed in and the capers—about a teaspoonful—dashed on top of the sauce on the meat.

423—Mashed Parsnips.

Pare and cut them small, steam an hour or more, mash and season the same as potatoes except that a little white pepper should be added, or cayenne or a finely minced piece of red pepper if that is not to be had. Keep hot in a saucepan. Whatever is left over will make parsnip fritters, which are a favorite dish if well made. See No. 125.

424—The Fillet of Beef.

The fillet, otherwise known as the tenderloin, of beef is the long band of meat inside of the loin that, beginning in a thin point at the last rib, extends the whole length of the loin, almost to the end. The very tender, lower meaty portion of every porter house steak and sirloin steak is a slice of the fillet. When cut out of a loin of beef entire, it weighs from 3 to 5 pounds, according to the size of the beef and closeness of trimming. When, after being divested of fat and skin, the thin end is cut away and the thick end trimmed and rounded, the smooth fillet, ready for roasting, will weigh about 3 pounds, all solid lean—enough for from fifteen to twenty cuts after cooking.

While the fillet, on account of both its tenderness and its symmetrical shape for serving whole has been favored with greater attention by the decorative cooks than any other piece of meat whatsoever, it should be remembered that when it is served at dinner to the average

American as honest beef, and not so much as a thing of beauty, it had better not be much fixed up and disguised, but only splendidly plain roasted, with the thick end rare, when it is not the only reliance for roast beef; but there is another cut ready for those who are dissatisfied. The fillet, as an entree (a dish that the majority are unkind enough to regard as not a principal, but an unimportant side dish), can be larded with fat bacon, flavored with vegetables, herbs and spices, and steeped in olive oil and lemon juice, as we will show in detail further on.

425—Roast Fillet of Beef, with Mushrooms.

A fillet, to be plainly yet skillfully roasted, to be carved in the kitchen and not sent to table whole, need not have all the fat removed, only cut down thin. It must be cut off the top side, however, which means the side that had the kidney fat upon it, and a ribbon-like strip of the skin covering taken off the meat the whole length down, as otherwise it will draw up in the oven. Make the pan hot first and put into it all the pieces of meat and a little of the fat that has been trimmed off the fillet, and let them stew and bake in the pan with a pint of water and a little salt to make a glaze or gravy on the bottom for the fillet to be rolled in at last. An hour after, or when the water is nearly all gone out of the pan, make the oven hotter and put the fillet in and roast off quickly.

It may be done enough with the thickest part medium rare in a hot oven in half an hour or three-quarters, and is sure to be done through in an hour. Never stick a fork in it, but roll it over in the pan by means of a broad fork and spoon several times, which will make it shine with the lig t brown glaze, and make it cut full of juice when done.

Lift out the roast meat, then the fat pieces from the pan, and pour off the grease, which will be clear if the water has been allowed to boil away; put in a pint of soup stock and let boil up in the range. Thicken either with flour mixed in soft butter or with flour and water; strain into a saucepan. Boil it on top of the range, and put in some of the liquor from a can of mushrooms, cold. That will cause fat and scum to rise. Skim off, put in mushrooms, and let boil again. Serve the meat with the natural gravy on the slices, and mushrooms in sauce around.

426—Oyster Plant Croquettes.

Pare the salsify or oyster plant thinly, and either boil or steam quite tender, which may take an hour and a half in the fall, but a shorter time after frost, when this vegetable is at its best. Cook the roots whole, or only cut across, mash plain when done, and take—

1 cupful of dry mashed salsify.
Butter, size of a walnut.
1 teaspoonful of mixed salt and pepper.
Yolk of egg.
1 tablespoonful of vinegar.

Mix well by pounding together, make up in little balls, with plenty of flour on the hands, and fry them yellow in hot lard.

427—Roast Turkey Stuffed with Chestnuts.

Singe and draw a young turkey. Cut off the neck about midway, and when the crop has been taken out, without cutting the skin of the breast, shorten the neckbone still more and pull the skin over the end and tie it. When the turkey has been washed and prepared make the following stuffing:

3 cupfuls of pork sausage meat.
1 pressed cupful of bread crumbs.
40 or 50 of the large foreign chestnuts.

Mix the bread crumbs in the sausage meat dry, and add a little salt and pepper.

Boil the chestnuts ½ hour, peel them, scrape off the furry inside skin, mix them with the sausage and break and stuff the turkey with it.

Roast according to size from 1½ to 2½ hours. If a large turkey that must stay in a long time, keep a sheet of greased paper over it in the oven to prevent blistering the surface.

428—Chestnut Sauce for Roast Turkey.

Boil chestnuts tender, peel, cut them in halves and mix them in the brown sauce made in the turkey pan.

429—Baked Winter Squash.

Bake it in pieces without paring. Those with the hardest shell are oftenest the best eating, but difficult to divide neatly. The common expedient is to put a whole squash in a steamer, after washing off the outside, and let it stay there half an hour. That softens the shell sufficiently, and it can be cut in strips about the width of two fingers. Place these in a baking pan, brush them with a brush dipped in butter and sprinkled with a little salt and a little sugar. Bake without burning, with greased paper, if necessary.

430—Larded Sweetbreads.

Having boiled the sweetbreads thirty to sixty minutes, according to size, and allowed them to get quite cold, according to directions at No. 363. Cut them for this dish in two, or possibly three slices if large, the broad way, and lard them—that is, draw them full of little strips of fat bacon. These strips should be scarcely thicker than a pencil and not so long as the little finger. There are larding needles for the purpose, costing but a dime or two, that have the ends split open for the bacon to be inserted and so drawn through the meat. The easy way is to take another large needle of any kind, catch up the end of one of these strips of bacon on the point and draw it by that means into the open end of the larding needle, and then with the larding needle

into the meat, the ends showing on each side of the slice.

When the sliced sweetbreads are drawn full of strips of bacon place them close together in a baking-pan, mince a tablespoonful of onions and sprinkle over them, and perhaps a little green herbs, if any at hand, pour in equal parts of strong soup stock (made strong by boiling down on the range) and brown meat gravy, but only enough altogether to come up level with the sweetbreads, then bake them until brown on top. Baste them with the sauce from the corner of the pan and let bake until that is dried on them. Then take them up on to a dish or dishes. Warm some olives in gravy and cut a lemon in small pieces, and dish them up with the gravy around the sweetbreads.

431—Stewed Lamb, with Tomatoes.

2 pounds of breast of lamb.
1 cupful mixed vegetables, cut in dice.
1 cupful of tomatoes.
1 tablespoonful of chopped parsley.
Salt and pepper.

Saw the breast or brisket of lamb lengthwise through the bones; then divide in pieces, wash, and put it on to stew in water or broth enough just to cover; cut carrots, turnips and onions (enough to fill a cup) in squares, and boil them in water separately; pour off the water when they are half done and put them in the stew, and also the tomatoes. Boil half an hour longer, thicken slightly if necessary, season, and at last throw in the parsley.

The above makes a very pretty dish. In dishing up take up two pieces of the meat for each dish and place them square in the middle of an individual flat platter, and dish the vegetables and sauce in order at each end.

432—Spaghetti and Cheese—Romaine.

Spaghetti is macaroni in another form, a solid cord instead of a tube.

4 ounces of spaghetti—2 cupfuls when broken.
1 cupful of minced cheese—2 ounces.
1 cupful of milk.
Butter size of an egg.
2 yolks of eggs.

This dish ought to be quite yellow. Throw the spaghetti into water that is already boiling, and salted. After cooking 20 minutes drain it dry, and put it into the buttered dish it is to be baked in.

Put the cheese and butter and half the milk into a saucepan and stir them over the fire till the cheese is nearly melted, mix the yolks with the rest of the milk, pour that into the saucepan, then add the whole to the spaghetti in the pan, and bake it a yellow brown in as short a time as possible. It loses its richness if cooked too long, through the toughening of the cheese.

433—Russian Punch.

2 cupfuls of tea, made as for drinking.
1 cupful of water.
1 cupful of port wine.
½ cupful of brandy.
2 small cupfuls of sugar.
2 lemons—ripe and thin skinned.

Cut the lemons without grating or squeezing, in small slices into a bowl, make a boiling syrup of the sugar and water and pour over them and let stand until cold. Then put in the tea and liquors and strain the punch into a freezer and freeze as hard as the spirit in it will allow. Save the lemon slices and mix them in at the finish.

434—Roast Partridge with Cress.

Cleanse them the same as chickens and wipe dry. Bind very thin bands of fat bacon on the breasts, and roast them in a pan in the oven for about 20 or 30 minutes. Remove the bacon, roll them in the pan and brown the surface quickly. Serve them in a dish, or halves in individual dishes, with water cress, crisp and fresh, but quite free from water, at each end.

435—Dressed Crab.

Pick the meat from the shell and claws, cut the solid part into small pieces, dry the soft part with the addition of a spoonful of fine bread crumbs, mix all with a little oil, vinegar and mustard. Wash and dry the shells and serve the meat in them, placed on a bed of something green—lettuce, cress, young celery plants or parsley.

436—Custard Fritters Glazed.

A sort of sliced custard, breaded and fried, very rich and very generally liked, made of

1 cupful of milk.
2 tablespoonsfuls of sugar.
1 tablespoonful of corn starch.
1 heaping tablespoonful of flour.
2 yolks of eggs.
Butter size of a walnut.
Flavoring. Pinch of salt.

Boil the milk with the sugar in it, which prevents burning. Mix the starch and flour in a cup, with a spoonful of cold milk extra, and some of that on the fire; pour it when the milk boils and let boil thick. Beat in the butter and yolks and take it off. Flavor with lemon or other extract, and let it get cold like mush, in a buttered pan. Cut in thick slices or blocks, roll in beaten egg and then in cracker meal, fry golden yellow in hot lard. Pour over the hot slices when they are served a thick, transparent glaze, like the following:

437—Rich Sauce for Fritters.

1 cupful of water.
½ cupful of sugar.
1 tablespoonful of corn starch.

½ cupful of curacoa or rum.

Mix the starch in the sugar dry, boil the water and stir them in. Take it from the fire and add the curacoa. It changes to a pink color. Other flavorings can be used. Have it thick enough to glaze the articles.

438—Lemon Mince Patties.

Roll out pie paste to a thin sheet, and cut out like cookies with a scallop-edge cutter. Line the bottoms of patty pans or gem pans. of the right size, with these, half fill them with lemon mince meat, and cover with another of the cuts of paste. The bottom piece of paste, when put in, should be pressed with the thumbs up the sides of the pan, to spread it up to the rim. Brush the tops over with a little egg and water, dredge sugar on top, and bake the patties in a slack oven.

439—Lemon Mince Meat.

Has no meat in it, but

4 lemons.

2 pounds of white sugar.

2 pounds of currants.

1 pound of seedless raisins.

2 pounds of suet.

1 ounce of mixed ground spices.

½ pint of brandy and port wine mixed.

Use lemons that are ripe and thin-skinned, not harsh and bitter. Boil them in a quart of water till the water is half boiled away. Then squeeze the juice into the sugar, throw away the seeds, and mince the lemon rinds and pulp small.

Cut or chop the raisins, mince the suet fine, and mix all the ingredients together. Keep in a covered jar.

The water the lemons were boiled in should be added to the mince.

440—Rhubarb Marmalade for Tarts.

Rhubarb flavored with oranges and boiled down with sugar.

4 cupfuls of rhubarb cut very small.

2 cupfuls of sugar.

3 oranges—or orange peel only.

Grate the yellow rind of the oranges into the saucepan and then cut up the insides, carefully excluding the seeds and white pith. Put in a spoonful or two of water to wet the bottom, then the sugar and rhubarb, and simmer at the back of the range with a lid on for an hour. Keep in a jar. Use to fill tarts or spread between layers of cake.

441—Frozen Fig Pudding.

Figs cut small and mixed in caramel ice cream and frozen in brick molds is a most excellent combination—a modified tutti frutti.

1 quart of milk.

8 yolks of eggs.

14 ounces of sugar.

1 pound of figs.

The caramel gives the flavor, but half a cupful of curacoa improves it.

Take four tablespoonfuls of the sugar to make caramel, put it into a saucepan or frying-pan over the fire without any water, and let it melt and become a medium molasses color, not burnt, however, then pour in half a cupful of water, and let boil and dissolve.

Make rich boiled custard of the milk, sugar and yolks, pour the caramel into it, strain into the freezer, and freeze as usual. Cut the figs small as raisins and mix them in. Put the ice cream into Neapolitan molds, and bed them in ice and salt for two hours. See Nos. 266 and 267 for details.

442—Finger Biscuits—X L Recipe.

8 ounces of fine granulated sugar.

4 eggs.

4 tablespoonfuls of water.

6 ounces of flour—a heaping cup.

Separate the eggs, the whites into a bowl, the yolks into the mixing pan. Put the water and sugar in with the yolks and beat them with a bunch of wire ten minutes, till they are a thick light batter. Have the flour ready. Whip the whites to a very firm froth, then mix the flour with the yolk mixture and stir the whites in last. Fill a stiff paper cornet with the point cut off (or a lady finger sack and tube) with the batter, and press out finger lengths on to a sheet of manilla paper. Sift powdered sugar over, shake off the surplus and lay the sheet on a baking pan. Bake about six minutes. Dampen the paper under side, take the cakes off and place by twos together.

443—Angel Food, or White Sponge Cake.

5 whites of eggs—or 6 if small.

5 ounces fine granulated sugar—½ cup.

2½ ounces flour—½ cup.

1 rounded teaspoonful cream tartar.

1 teaspoonful vanilla or lemon extract.

Mix the cream tartar in the flour by sifting them together. Whip the whites firm, put in the sugar and beat a few seconds, add the flavoring, then stir in the flour lightly without beating. As soon as mixed put the cake in the oven. It needs careful baking like a meringue, in a slack oven and should stay in from twenty to thirty minutes. A small, deep, smooth mold is the best and should not be greased. When the cake is done turn it upside down and leave it to get cold in the mold before trying to take it out.

When you have pure cream tartar from a drug store use only half as much as of the common lest the cake taste of it.

444—Rich Fruit or Wedding Cake.

1 pound of sugar.

1½ pounds of butter.

10 eggs.

1½ pounds of flour.

Mix the above like pound cake, then add:

1½ pounds of seedless raisins.
1½ pounds of currants.
1 pound of citron.
8 ounces of almonds, blanched.
1 tablespoonful of mixed ground spices.
Half pint of brandy.
1 lemon, juice and grated rind.

Bake in molds lined with buttered paper. Takes from 1 to 2 hours according to depth. This cake cannot be cut while fresh without crumbling, but becomes moister and firm with a few days' keeping.

445—Frosted Grapes.

Take grapes of two colors, as red Tokays and white Muscadels and pull the bunches apart into clusters of three or four grapes each. Prepare a platter with the sort of pulverized sugar known as fine granulated, and make it warm. Whip some white of eggs in a shallow bowl, dip the grapes in it, lay them on the sugar and sift more sugar on top. Lay them on sieves to dry.

446—Brie Cheese, or Fromage de Brie.

Is a cream cheese, often soft when cut, and of high flavor; is round and shallow, comes in a flat box, usually weighs four pounds, and retails at 50 cents per pound. The cream cheese made by the recipe No. 109 resembles Brie when made large enough and kept until ripe.

447—Neufchatel Cheese.

Is the small cheese, weighing about four ounces, done up in tinfoil; sells at about $1 per dozen. The sour milk cheese made by the recipe 110, if made with a proportion of cream mixed in, and kept some time, resembles Neufchatel. This cheese varies in character, according to the time it is kept, from the mildness of sour curd when fresh to a dry mold and strong flavor when aged. Some who will condemn it in one state will be suited with another sample of it. The foreign cheeses bearing these designations are said to be made with proportions of goat's milk, or have other peculiarities.

448—Roquefort Cheese.

A dry and high-flavored cheese, of the common round and thick shape; sells at about the same price as Brie, and is of about the same weight.

These three are the oftenest served at dinners where something less common than Western cheese is desired. The hardest water crackers are served at the same time.

MENU NO. XLI.—BREAKFAST.

449—Ante-Breakfast Oranges.

When an orange is at the most luscious stage of ripeness it must seem an act of superfluous care to serve it in any but its natural state, particularly at the morning meal, though there are well known ways of serving it sliced in a bowl with sugar over, as a sweet salad, and with the addition of a liqueur, and later it has been suggested that even with salad oil, lemon juice and cayenne the orange is delicious. But while the preference is so generally for keeping the natural fruit just beyond the verge of the cook's jurisdiction, we will let a sprightly writer —or two of them—in the midst of the groves of Florida discourse upon a matter of which we can otherwise know nothing, that is the difficulty and danger there is in eating an orange with its jacket on.

We had not heard of any written rule prescribing just when to eat an orange, and, in the absence of any time card, we have been going it wild, on the restaurant plan, at all hours. Now Sidney Lanier tells us how. Hear him:

At this hour in the morning, in Florida, everybody is eating his ante-breakfast oranges with as much vigor as if he saw himself growing suddenly wrinkled and flaccid, like the gods and goddesses in Wagner's Rheingold, when they had, in their agitation, forgotten to eat their daily allowance of the golden fruit which grew in Freya's garden, and which was the necessary condition of their immortal youth. In truth, to eat one's orange with some such thought as this would not be wholly absurd.

But the sight of dripping fingers reminds one that while there are few pleasanter things than the eating of an orange, yet it is also in the order of nature that difficulty and delight, which are essentially birds of a feather—should fly together, and there are, therefore, few harder things than the eating of an orange dry fingered. The stickiness of orange juice seems, somehow, at once one of the most unavoidable and most disagreeable of all the earthly bads that hang by the goods; and we can never help regretting that neither the author of "Problems of Life and Mind" nor the author of "Rocks Ahead" has thought to treat the question, "How to eat an orange." Yet it can be done with great daintiness if the proper appliances are at hand. By appliances I mean a lady. It is notorious that women can manage an orange with their delicately tactile fingers to a marvel. There is a tradition in Jacksonville of one who, with kid gloves on her hands, kept the same wholly unspotted during the entire process of peeling, dividing and eating. However that may be, it is certainly an æsthetic delight to see ten white fingers deftly coaxing apart the juicy orange sectors. Indeed, that is apples of gold in pictures of silver. It has been suggested that the reason of this superior skill is longer experience; woman, though younger than man, commenced to handle fruit sooner. But it is a suggestion that I make a point of loudly and ostentatiously scorning; for, as has been said, the solution of the problem of

"How to eat an orange," depends on being on good terms with woman.

"First get your orange; and you will at least produce an implication of your connoisseurship in the mind of the dealer, if, in doing so, you ask for Indian River oranges, which many persons hold to be the tropic fruit. Then get your sister, or any available womankind—another man's sister might do—to peel your orange; divide it into sectors, and hand you these, each lying on its detached arc of peel as on a small salver. The rest, as the old play says, can be done without book." * * *

"It may be all very well for Growly to have Mrs. G. peel his orange, leaving him only the arduous duty of eating it; but no 'knightly lover' would stand by, after gathering his sweetheart's roses, and permit her to peel the breakfast oranges, however deftly. Oh, no! if his 'Dearie' was a little late, which she might sometimes be, you know, she would find the oranges peeled in a way which will admit of her handling them with or without gloves. The 'knightly lover' finds a fresh orange, with a thin brown rind, carefully cuts the rind without abrading the inner skin, cutting deftly around the periphery, then taking a teaspoon passes it under the rind, then gently turn it wrong side out, as it were, now cuts the orange diagonally across, passing to his audience, who most surely will give him en encore."

450—Fried Chicken.

Take young chickens and cut them into joints. If wanted to be extremely neat, take only four joints of each one, cutting off the legs at the hip joints, getting all the meat that belongs with a broad, flat cut that leaves the carcass bare, then chop the breast part from the back, and divide the breast in two, each piece having the first wing joint attached. Wash the pieces, wipe dry, dredge with salt and pepper, then bread them by dipping first in egg and then in cracker meal, being careful not to rub off the breading or leave a hole in the coat.

Fry in a skillet of hot lard, a few pieces at a time, with care not to let the under side burn unawares. The frying takes about 10 minutes. It makes all the difference between good cooking and bad whether the chicken comes out of a fine golden brown or black and smoky.

Pour some good cream sauce in the dish and lay the pieces of chicken in it without covering them.

451—Water Cress Salad.

Cut away the rough stems, pick off the root fibers, and wash the cress carefully. Drain, cut it in inch lengths, season in a bowl with a little salt and pepper, and when they are mixed in sprinkle with vinegar. Serve in small salad dishes individually.

452—Hominy Cake.

Use the fine hominy, or grits, as it is called. Take a large half-cupful and wash the dust out of it—like washing rice—to prevent burning. Put it on to boil gently in two cupfuls of water, with a little salt. Let it cook an hour, and if dry in the meantime add half cupful of milk. When done measure—

Two cupfuls of cooked hominy.
Butter size of an egg.
1 teaspoonful of sugar.
1 or 2 eggs.
½ cupful of milk.

Stir the butter in while the hominy is warm, beat the eggs and milk together, mix all; bake in a shallow pan. Serve as a vegetable side dish like fried mush.

453—To Dress Terrapin.

When there is a question of the quantity required for a given number of persons, it may be counted about the same as of young chickens. As they ordinarily run, a terrapin weighs from two to four pounds live There are larger and better, but rarely obtainable away from the source of supply. The amount of meat in a terrapin is not over half the live weight. It is most serviceable stewed or in soup. Drop the terrapin alive into a pot of boiling water. At the end of fifteen minutes take it out and take off the bottom shell by chipping through the thinnest part, where it joins the back shell between the openings. This can be done with the heavy handle end of a stout knife. Cut close to the shell, not to bring any meat away with it. Pour away the water that will be found inside, but save the blood that collects in the deep shell afterwards. The gall, about the size of a cherry, will be seen near the center, and must be taken out without breaking; also take out the single fish-bait entrail. Loosen the meat from the back shell, and cut through the spine bone that attaches to the shell at a joint above the tail. Empty it into a pan. When all are done go over them, take off the heads and put them with the shells for soup; separate the hind and fore feet (or fins as some call them), making four pieces; trim off the claws and scrape off the thin outside cuticle. It is worth while to take off the rich fat that will be found at the shoulder-joints of the females, because it boils away while the meat is cooking tender, and should be added later. It is of a very dark green color, almost black. Preserve along with it all the eggs, both large and small. Keep all the pieces of meat, fat and eggs in cold water. Put on the heads, shells and remaining scraps in water enough to more than cover, boil slowly for two or three hours, skimming when it first boils, then strain the liquor or stock into a clean saucepan, put the pieces of terrapin in and boil them one hour. The pieces that were like india-rubber at first will begin to e tender by that time, but before being finished

as stew or soup, or otherwise, should be taken up on a dish to cool, and the liquor strained into a bowl.

The terrapin prepared as above directed is at the same stage as canned terrapin, and, like that, it can be seasoned and finished for the table in different ways.

454—Terrapin in Shell, Maryland Style.

Take a baking pan large enough to hold as many terrapins as wanted, half fill it with dry gravel or sand, and make it hot in the oven. Kill or stun the terrapins, wash off and bed them back downward in the pan of gravel. Bake about an hour. Take hold with a towel, pry off the belly shell, remove the gall bag and entrail from the inside, and loosen the meat from the shell without taking it out. Work a lump of soft butter with a little flour, pepper, salt and lemon juice, drop a spoonful in each terrapin and replace them in the oven for the seasonings to cook. Serve in shell on a folded napkin.

455—Stewed Terrapin.

The meat of two terrapins—about 3 pints.
The liquor or stock—about 3 pints.
Butter size of an egg.
1 large tablespoonful of flour.
Herb and spice seasonings.
½ cup of sherry or madeira.

The terrapin and the liquor it was boiled in being ready add a little water to the latter and set it on to boil with a teaspoonful of bruised pepper corns, a sprig of green thyme, three or four of parsley, two cloves, half blade of mace, and teaspoonful of onion. Stir the butter and flour together in a small saucepan over the fire until it is yellow or light brown, add it to the boiling stock, and also a teaspoonful of salt. When boiled sufficiently with the thickening in it, strain it into a clean saucepan—that is the sauce. Take the pieces of cooked terrapin and chop off all the projecting points of bones and otherwise trim the joints smooth and shapely, then put them into the sauce to simmer at the side of the range; add the wine and the fat pieces, if any saved, also the eggs, and strew them over the surface of the stew when served.

456—Corn Meal Muffins.

These can be made with yeast, but the process is longer. Buttermilk and soda will do instead of the sweet milk and powder named below, and either way the muffins take no longer to make than corn bread.

1 heaping cupful of white corn meal.
Butter or lard, size of an egg.
1 cupful of boiling water.
1½ cupfuls of cold milk.
1 level cupful of flour.
2 yolks or 1 egg.
1 teaspoonful of baking powder.
Same of salt.

Boil the butter or lard and cup of water together and pour them into the meal to scald it all. Add salt. Mix in the cold milk and flour and powder. Beat up well with a bunch of wire or wire egg-whisk. Bake in greased muffin rings or in deep gem pans. If the former, make the baking pan and rings both hot before pouring in the batter, then it will not run under; for the mixture has to be quite thin to make the muffins the very best.

457—Marmalade of Canned Apricots.

2 cupfuls of sugar to 2 cupfuls of apricot pulp.

Drain the fruit from the syrup by pouring all into a colander set in a sauce-pan. Press the fruit through the colander into another vessel and measure it. Put as much sugar by measure into the apricot juice in the sauce-pan and boil them gently for half an hour, skimming once; then put in the mashed apricot and simmer down thick.

458—Omelet Soufflee.

A soufflee is a puff, and an omelet so called is one whipped very light in the raw state, cooked carefully to preserve its lightness and should be eaten as soon as done.

2 eggs.
1 teaspoonful of powdered sugar.
1 teaspoonful of milk.
Clear butter to fry in.

Yolks of eggs beat up lighter and better with a few drops of liquid added. Beat the yolks in a small bowl and the sugar and few drops of milk with them until thick and light. Whip the whites very stiff and stir them into the yolks Put a spoonful of the clear part of melted butter into a small frying-pan, put in the omelet and spread it out level, and if convenient cook it in the oven, set on the bottom. This kind of omelet is very apt to burn, through the butter and sugar, and needs but little heat. It will bear turning over with a broad knife if it has to be cooked over the fire. Dredge powdered sugar over the top before taking from the fire. Slide on to a hot dish.

MENU NO. XLII.—LUNCHEON.

459—Cream of Terrapin Soup.

Selected meat of 3 terrapins.
2 quarts of terrapin stock.
1 quart of cream.
Seasonings.

Canned terrapin can be used to cut up into a rich cream soup, but at least an equal portion should be taken to make the stock.

When the terrapins have been prepared from the first, as directed at No. 453, there will be 2 or 3 pints of strong stock already, and another quart should be made by boiling the bones, after

the meat has been cut off, until all the glutinous parts are dissolved, which may take two hours' slow cooking, starting with 2 quarts of water. Add seasonings, as before, of black peppercorns (bruised), parsley or sliced parsley root, a scrap of mace and teaspoonful of onion.

Cut the meat of the terrapin, cold, into neat squares, size of green peas. Strain all the terrapin stock through a fine strainer into a clean saucepan, throw in the meat and let boil up. Boil the cream separately, and while it is heating rub a tablespoonful of flour and butter, size of an egg, together in a saucepan and pour the cream to it, then through a strainer add it to the soup just before serving. Add salt. The cream will be very liable to curdle in the soup if they are allowed to boil together.

460—Truffled Oysters.

4 dozen of the largest oysters.
1 small can of truffles.
6 ounces of breast of chicken, cooked.
3 ounces of fat salt pork, raw.
Red or pickled pepper.
5 eggs, flour, toast.

Mince and then pound to a paste the chicken and salt pork, and add a quarter pod of repepper very finely minced. Cut the truffles to the size of peas and mix them in. Lay the oysters out on a napkin, insert a penknife at the edge and split each oyster up and down inside without making the opening very large, then push in a small teaspoonful of the truffle forcemeat.

As the oysters are stuffed lay them in flour and coat well with it, then dip them in beaten egg in a plate. Drop a few at a time into hot lard or oil and fry for three or four minutes. The lard should be deep enough to immerse them and hot enough to hiss sharply but not smoking. When the oysters are of a golden brown take them up and drain on blank paper in a hot place. Dust with fine salt.

Cut diamond shaped slices of thin dry toast and serve four oysters laid diagonally on each slice.

461—Stuffed Oysters—Broiled.

Grate the yolks of hard boiled eggs—3 or 4 for every dozen of the largest oysters—mince half as much fat salt pork or bacon and mix in, also black pepper and chopped parsley. Add a raw yolk to make a paste of it. Split the oysters and stuff them according to the preceding directions. Dip them into bread crumbs very finely minced and sifted through a colander, then into butter melted on a plate, then into the bread crumbs again and broil them over a clear fire.

462—Potted Ham.

Take the remainder of a ham when the handsomest slices have been cut away; trim off all the meat, rejecting whatever of the outside is dark colored or strong, and apportion one-third fat to two-thirds lean. Season with white pepper or cayenne. Mince the meat fine, the lean first, and then pound it to a paste and mix both lean and fat. Rub it through a seive with the back of a wooden spoon. Press it into small jars, and pour melted butter on top to exclude the air. This is for present use. If to be kept some time make the potted ham hot by baking in a vessel set in another containing boiling water before putting into jars, and stir up as it cools.

463—Sandwich Rolls

4 cupfuls of light bread dough.
1 cupful of butter.

Take the dough from the bread. If set with yeast over night it will be ready for this purpose at any time in the morning. Spread it out on the table with the knuckles and then roll thin with the rolling-pin. Spread the butter all over the sheet, fold it up and roll out again; fold in three as before and let it stand a few minutes in a warm place to lose its elasticity. After that the dough can be rolled and folded twice more. Give it another short interval then roll out, cut out biscuits, place them in pans not touching, brush over the tops with a little lard and hot water in a cup. Let rise an hour and bake. These are light rolls that will pull apart in flakes.

464—Claret Cup.

1 bottle of claret.
1 bottle of soda water.
½ cupful of sherry.
Peel of lemon.
½ pound of sugar.
2 or 3 slices of cucumber or a sprig of borage or verbena.
Ice.

Either grate the lemon rind or pare extremely thin and rub it and the sugar and a few spoonfuls of water together in a bowl. Add the liquors and when the sugar is dissolved strain, add ice and the herbs or cucumber slices.

465—Truffled Chicken.

1 fat pullet, and the breasts of 2 more.
1 large can of truffles.
½ pound of fat salt pork.
Seasonings.

Bone the fowl according to directions at No. 306, and cut off the fillets or white meat of the other two and lay them all side by side on the table. Cut the fat pork in thin strips, score gashes in thick parts of the chicken and lay the strips in, cut the truffles and dispose the pieces evenly where they will show the black spots in the white meat when the chicken is sliced. Dredge well with salt and white pepper and a

little nutmeg and powdered thyme. Then lay the chicken breasts in the thin places of the fowl, bring the two sides together and sew up the fowl into nearly its original shape. Do it up in a cloth, tie and pin it, and boil it two hours in salted broth. Press it while cooling. Take off the cloth when cold, draw out the thread it is sewed with. Serve the fowl either incased in aspic jelly, or coated with melted butter, or slice it and display the slices in a dish.

466—Pickled Mangoes.

These are small, green melons, hollowed out, filled with other pickling vegetables and all pickled together.

Take the young musk-melons, the last on the vines, cut off one end, scoop out the inside, tie on the piece and put them into a keg of strong brine, the same way that cucumbers are kept, for a day or two, or until wanted. Prepare in like manner the other articles named in these proportions: To every

2 dozen melon mangoes
1 pint of small pickling onions.
1 pint of smallest young cucumbers.
1 pint of smallest green peppers.
1 pint of green string beans.
½ pint of shred horseradish.
1 tablespoonful smallest red peppers.
2 ounces of mustard seed.
1 ounce each of cloves, allspice and whole black pepper.

Rinse the small vegetables from the brine, set them over the fire in cold water in separate vegetables, and as soon as they begin to boil take them off and drain dry.

Rinse the melons in fresh water and wipe them dry, then fill them, put into them besides the small vegetables a little horseradish and mustard seed. Tie on the end pieces, place the mangoes thus finished in a three gallon jar. Boil six quarts of good vinegar with the pepper and spices in it, pour over the mangoes, cover and let stand twenty-four hours. Drain off, boil the vinegar again and pour it over, and then once or twice more. Keep covered in a cool place.

467—Chocolate Layer Cake.

Is made of layers of delicate cake, very white and fine grained, with chocolate icing spread between. The recipes for both are found below.

468—Delicate Cake.

14 ounces granulated sugar—2 cupfuls.
12 ounces butter—2 cupfuls, small.
12 ounces of white of eggs—14 whites.
1 pound of starch and flour mixed—2 cupfuls of each.
Juice of a lemon, or teaspoonful cream tartar.
½ cupful of milk.
Flavoring extract to fancy.
4 tablespoonfuls of brandy (optional).

Soften the butter and rub it and the sugar together to a cream, add the white of eggs a little at a time in the same way that eggs are added in making pound cake, without previous beating, then add the mixed starch and flour and beat most thoroughly. Put in then the lemon juice or other acid, the flavorings and milk and beat again, the more the better for whiteness and fine texture. Bake either in a mold or on jelly cake pans.

The use of baking-powder has become so nearly universal the writer finds that the great majority of people are unaware that the best cakes can rise and be light and far better without it or any other raising than the butter or eggs that is in them. In the following very fine white cake the cream tartar and soda may seem to be the same thing as using baking powder, but in reality they have to be kept apart and managed as directed, or the cake will not be the delicate cake it is intended to be.

469—Fine White Cake.

18 ounces granulated sugar—2½ cups.
8 ounces white butter—1 large cup.
½ pint of milk—1 large cup.
5 ounces of corn starch—1 rounded cup.
12 ounces of flour—3 rounded cups.
2 large teaspoonfuls cream tartar.
1 small teaspoonful of soda.
12 whites of eggs.
Vanilla extract to flavor.

Sift the cream tartar in the flour three or four times over.

Mix the starch in a small bowl with the cup of milk.

Get the whites of eggs ready in a tin pail or large whipping bowl.

Dissolve the soda in two spoonfuls of milk in a cup.

Put the sugar and butter together in the mixing pan, warm them slightly and stir till creamy and add the dissolved soda. Stir in the corn starch and milk. Whip the whites to a firm froth and mix them and the prepared flour in a portion of each alternately. Flavor. Bake as soon as mixed; either in layers for chocolate cake or in a mold. If the latter, frost over when cold.

470—Chocolate Boiled Icing—Best.

For spreading between layers of cake and for covering the top, or for dipping cream puffs in to coat them.

1 pound of granulated sugar—2 cupfuls.
½ teacupful of water.
3 ounces of grated chocolate—the common sort—a small cupful.

4 whole eggs.

Vanilla flavoring extract.

Boil the sugar and water together in a deep saucepan for five minutes, add the chococlate.

When a drop in cold water sets hard almost as candy, stir in the eggs rapidly, beating all the while. Let cook about five minutes more with constant stirring. Flavor with vanilla. Beat more or less while it is cooling. Spread or pour it over sheets of cake. It is called best because it cuts well, and does not crack and break off the cakes.

471—Chocolate Boiled Icing Without Eggs.

1 pound of sugar—2 cupfuls.

½ teacupful of water.

4 ounces of common chocolate, graded—a cupful.

Boil all together almost to candy point, flavor with vanilla when partly cooled, beat a short time, spread over the cake.

472—Chocolate Icing Not Boiled.

1 pound of sugar—2 cups—either granulated or powdered will do.

6 whites of eggs.

4 ounces of grated common chocolate—a cupful.

2 teaspoonfuls of vanilla extract.

Put the sugar and white of eggs together into a bowl and beat rapidly with a wooden spoon or paddle in a cool place for about ten minutes, or until you have good white frosting. Set the grated chocolate on the side of the stove to melt merely by the heat, without anything added to it. Pour it to the frosting in the bowl, add flavor, beat up and use to cover cakes or spread between layers.

473—Frosted Oranges.

Make plain white icing (see former portion of preceding recipe), and use it to dip orange slices in just when it has become too thick with beating not to run off, and yet thin enough to settle to smoothness. Or, if so good that it has already become too firm, thin it by adding the white of another egg or part of one.

Prepare the oranges by peeling and separating by the natural divisions, without breaking the covering or getting the pieces wet. Have a long splinter or thin skewer ready for each one, and fill a large bowl with sugar or salt and stick them in. Stick the point of a skewer into the edge of the orange section, dip into the frosting, push the other end of the skewer into the bowl of salt, and let the pieces hang over the edge of the bowl in a warm place to dry.

MENU NO. XLIII.—DINNER.

474—Vegetable Soup.

2 quarts of soup stock—8 or 10 cups.

3 cupfuls of mixed vegetables.

Seasonings.

Take for the stock the liquor in which almost any kind of meat has been boiled—beef shank, mutton, heart, tongue, fowl, rabbit, etc., and corned beef liquor does very well. The richer the stock can be, of course, the better it is. Strain it into the soup pot. Skim off most of the fat. Almost every kind of vegetable can be used. Take a piece of each and cut all into dice shapes, or, if to be very nice, cut vegetables in slices and stamp out little patterns with a tin cutter or the point of a tin funnel. There should be turnips white and yellow, carrot, pumpkin, celery, string beans, green peas, onions, summer squash, cauliflower. If vegetables are scarce, a little parsnip and cabbage and potatoes can be used, but the latter put in late so as not to boil away.

Boil the hard vegetables, such as carrots, turnips, onions, string beans and celery, together in a little saucepan first; then pour the water away and put the vegetables in the boiling stock, and add the easy-cooking kinds, such as cauliflower, asparagus heads and peas—whatever may be on hand. At last add a piece of red tomato, cut small, salt and pepper to taste and a tablespoonful of corn starch mixed in a cup with water.

475—Soft-Shell Crabs, Boiled.

Every part of a soft-shell crab is eatable, shell, claws and all, except the sand pouch on the under side, but the small claws should be taken off when the crabs are to be cooked by boiling.

Drop the crabs into boiling water already well salted, cook about fifteen minutes, drain, and serve with a sauce at the side.

Mayonaise sauce, cold, tomato catsup, hot cream sauce, butter sauce or parsley sauce are suitable kinds.

476—Boiled Bacon and Cabbage.

Cut summer cabbage in quarters and cut out most of the thick stem part. Let it lie in a pan of cold water until wanted to cook. Put on a saucepan plenty large enough with water and salt and a very little baking soda in it—about the size of a bean for two cabbages—when it boils put in the cabbage and let it cook half an hour.

Shave the smoky outside off a pound of bacon and boil the bacon in a saucepan by itself for half hour. Then drain off both cabbage and bacon and put them both together in one pot, pour in boiling water just to cover, put on a good-fitting lid and let them slowly cook together half hour longer.

The quarters of cabbage, nice and green appearing, should be drained in the spoon as they are taken up without destroying their shape, and placed in the dish with the bacon sliced on top.

477--Larded Fillet of Beef.

This is nothing if not neat, uniform, precise and workmanlike in appearance. There must be a pound of fat bacon for larding, cold and firm, so that it can be cut aright. Cut the slices a quarter inch thick, cut these in lengths of 1½ inches and then into strips all precisely alike and as thick as a common pencil.

Procure the fillet or tenderloin of beef with the fat on it, that is with the coating of suet that covers the upper side of it, and shave that down until the covering of fat is about as thick as a beefsteak all over it. Then raise the edge of the fat at one side, skinning the fillet, so to speak, and lay the sheet of fat over on the other side without cutting it off. This is to have the sheet of fat attached ready to cover over the fillet again after it is larded with the strips of bacon. Draw the point of a sharp knife across and across the skin inside the fat, to score it so that it will not draw up in cooking. Trim off the thin end of the fillet and round off the thick end. Commence at the thick end with the larding. Insert a piece of bacon in the end of the larding needle (see No. 430) and draw it through the top parts of the meat pinched up with the left thumb and finger for the purpose, one end of the strip of bacon so inserted will be left leaning backward, the other forward, on the surface. Insert 6 or more of these strips in a row across. Begin the next row so that the strips will come alternately between those of the first, and the exposed ends will cross the others, and so continue, with the regularity of stitching cloth, to the other end. Cover the larded fillet with the sheet of fat. Make a long and narrow baking pan hot in the oven, with a tablespoonful of salt and a cup of drippings in it. and enough water to keep the bottom from burning. Put in also a slice of turnip, carrot and onion, and a piece of celery. Have the oven hot, put in the fillet, and roast it with the fat, covering it half an hour; then take off the fat, baste the fillet with the contents of the pan, and let cook fifteen minutes longer, by which time the surface of the meat should be brown, and bacon strips brown too, without being burnt at the ends.

Fillets of beef vary in weight and thickness, and the time above given is only a guide to the average. Unless specially ordered otherwise, the thick part of the fillet should cut slightly rare in the middle, while the thinner portion is well done.

In carving, the fillet should be sliced across vertically because it is a mass of strings of meat lying side by side, and if cut slantingly the slices begin to be stringy and coarse. A fillet that is to be braised along with herbs, spices, vegetables, wine, etc., is larded with strips of bacon or fat pork that pass clear through from one side to the other diagonally, so that the slices are cut across when done and show the larding all through the meat.

478--Brown Gravy.

Before serving the fillet, or any roast meat, let the gravy in the pan dry down until the grease can be poured off clear, while the glaze remains adhering to the pan; pour in water to dissolve it, and when it has boiled add a trifle of brown flour thickening if it seems to need it; strain through a fine strainer; serve some in the dish with the fillet, the rest in a sauceboat.

479--Brown Flour for Thickening.

While butter and flour mixed in equal parts and baked brown makes the best thickening for gravies, plain browned flour does nearly as well and is more desirable when the butter is not very good. Put some sifted flour dry into a frying-pan and bake deep brown in the oven. Use it at the rate of a tablespoonful to a cupful of liquid. Wet with water the same as raw flour, before stirring it in. It may be kept in a can always ready.

480--Stuffed Tomatoes

6 or 8 large tomatoes.
1 cupful of fine bread crumbs.
1 rounded tablespoonful of minced onion.
1 heaping tablespoonful minced fat bacon, or butter in equal amount.
Slight grating of nutmeg.
Cayenne and salt.

Do not peel the tomatoes, and take a slice off the rough stem side and scoop out the inside with a teaspoon into colander, so that the juice may partly drain away. Cut a thin slice or two of bread and mince it across to make a cupful. Mix the crumbs and tomato pulp together, bacon, onion, very little salt, if any, pepper, and touch of nutmeg or mace.

Fill the tomatoes with the mixture rounded up on top, bake in small pan well buttered, with a greased sheet of paper over, one-half hour. Then moisten over the tops with the back of a spoon dipped in butter, dredge fine bread crumbs on top and bake again without cover until they are well browned.

481--Chicken Croquettes.

2 cupfuls of cut chicken meat—8 ounces.
1 small cupful of bread panada—4 ounces.
Butter size of an egg.
1 egg.
1 tablespoonful of chopped parsley..
Lemon juice, nutmeg, salt, pepper.
Cracker meal and milk for breading.
Bread panada is stale bread steeped a few

minutes in cold water and then wrung dry in a cloth. One roll will be enough for this recipe.

Cut the chicken meat in thin strips and then across, making very small dice-shapes—a way that is always better than chopping it.

Mix the meat, panada, cold butter, egg and parsley by rubbing together with a spoon, add a squeeze of lemon and half a teaspoonful of mixed salt and pepper and slight grating of nutmeg.

This makes seven or eight croquettes in pear shape or round or flattened.

To bread them, mix flour and cracker meal in equal parts together dry. Roll the croquettes in milk, then in the mixture, then in milk and in the mixture again, coating them well without rubbing, and drop them into a deep saucepan of hot lard. Let them be well done through and brown.

See, also, No. 384. By these two recipes croquettes of all kinds of meat can be made.

482—Sauce for Croquettes.

½ cupful of brown meat gravy.
½ cupful of fresh butter.
½ teaspoonful of white pepper.
Salt, if not in the gravy.

Boil all together; pour a spoonful over the croquette when served.

483—Terrapin Vol-au-Vent.

2 cupfuls of cut terrapin meat.
1 cupful of terrapin stock.
½ cupful of sherry.
2 cloves and small scrap of mace and a sprig or two of parsley or savory.
1 tablespoonful of butter.
1 tablespoonful of browned flour.

Having the terrapin meat already prepared and cold on a dish, as directed in the latter part of No. 453, and the liquor it was boiled in likewise, set the specified amount of the liquor or stock on to boil, with the seasonings in it. Mix the butter and browned flour together and thicken the liquor with them, add the wine, strain into another saucepan, put in the cut terrapin, add a little salt and cayenne and let simmer a short time at the back of the range.

Bake six or eight vol-au-vent cases of puff paste (see No. 256) and fill them with the prepared terrapin.

484—Stewed Cucumbers.

Pare three or four young and good cucumbers, and cut them in thick slices, boil these in water, with a little salt and vinegar in it—the same as for egg-plant—for about fifteen minutes, then pour away the water. Make a cupful of cream sauce in another saucepan, and, when ready, beat in the yolks of two eggs and a tablespoonful of vinegar. Pour this yellow sauce (Hollandaise) over the slices of cucumber, after they have been placed neatly in their dish.

485—Angelica Punch.

2 cupfuls of California angelica wine.
2 cupfuls of hot water—a pint.
1 cupful of sugar—¼ pound.
1 cupful of stemmed raisins—½ pound.
1 lemon.
2 whites of eggs and 2 tablespoonfuls of powdered sugar to beat in.

Chop the raisins, grate half the rind of the lemon, squeeze in all of the juice, pour the hot water to them, add the sugar, and stir until it is all dissolved. Strain the flavored syrup thus obtained into a freezer, and rub the most of the raisin pulp through as well. Add the wine and freeze. When nearly frozen whip the two whites and the powdered sugar together till thick, add them to the punch and finish freezing. It is like cream. Serve in stem glasses.

486—Roast Prairie Chickens.

Choose small prairie chickens when choice is given, for the large birds are likeliest to prove tough and can be cooked in stews and pies instead of roasted. The breast is the principal part. Lard it with thin strips of fat bacon, in rows as directed at No. 477. Roast as directed for larded fillet of beef, with a greased sheet of paper on top, to protect the larding, and let remain in the oven about 40 minutes.

Prepare a border of water-cress for the dish by picking it over, cutting away the coarser stalks and shaking it free from water, and dish the prairie chickens in the midst.

487—Fine Hominy Pudding.

2 large cupfuls of cooked fine hominy—hominy grits or samp.
Butter size of an egg—1½ ounces.
2 tablespoonfuls of sugar—2 ounces.
2 yolks or 1 egg.
1 small cupful of milk.

The hominy grits already cooked, should be dry and firm, otherwise use less milk or none. Mix all the ingredients together, the butter softened first, and bake in a buttered pudding pan about fifteen minutes. It takes a quart pan to bake it in. Use yolks of eggs if a rich pudding is wanted. Serve with a sauce. If no hominy ready put on a large half cupful in full cup of water, and when it has boiled nearly dry add a small cup of milk and pinch of salt; never stir it, but let cook with a lid on one half hour longer, at the back of the range.

488—Curacoa Sauce.

1 cupful of water
½ cupful of sugar
1 rounded tablespoonful of corn starch
A slice of lemon
½ cupful of curacoa.

Boil the water, mix starch and sugar together dry and stir them in and a slice or two of lemon. Let simmer until it becomes quite clear. Then add the curacoa. The sauce changes to rose color after a few minutes. Curacoa is a cordial made of orange peel, cloves and spirits of wine.

489—Sliced Banana Pie.

Lay a crust of puff paste in the pie pan, rolling the paste so that the middle of the crust will be much thinner than the edge. This is done by doubling the paste over before putting it on the pan and rolling the part that will be the middle with the end of the rolling pin, having flour enough about the paste to prevent sticking, then opening it and pressing it in the plate all around. Peel 3 or 3 bananas, cut them lengthwise in 2 or 3 and lay the slices in the pie 2 layers deep, cover moderately with sugar, drop a blade of mace broken in pieces and some little lumps of fresh butter all over the banana slices, pour in 4 tablespoonfuls of wine and bake in a moderate oven 20 minutes. No top crust.

490—Banana Cream Pie.

1 large cupful of mashed banana.
2 tablespoonfuls of sugar.
Butter, size of an egg.
2 eggs.
½ cupful of milk.
½ cupful of angelica or sherry

Separate the eggs and keep the whites to whip. Soften the butter, mix all and stir well. Add the whipped whites just before the pies are to be baked. Bake without top crust. It makes 2 pies. They are apt to bake too quickly on top and should be guarded with something on the top shelf of the stove.

MENU NO. XLIV—DINNER.

491—Split Pea Soup.

2½ quarts of soup stock.
A soup bunch of vegetables.
A cupful of split peas.

The stock may be the liquor in which any kind of meat has been boiled, and should have a flavoring of salt meat, such as a cupful of liquor from the corned beef boiler or a small ham bone

Soak the peas some time before cooking, if convenient. Drain them and boil then in the soup about an hour. While boiling add a small quantity of chopped vegetables, mostly onions and celery. The peas should partly boil away and thicken the soup, while some of them still remain distinct; when this is not satisfactorily accomplished, add a spoonful of flour thickening. Season with salt and pepper, and add a small lump of butter at last.

Puree of pea soup can be made as directed for puree of beans. It is an English custom to dry mint and crumble it over the top of pea soup.

492—Boiled Rabbit and Salt Pork.

Cut the rabbit in 6 pieces, first across the hip joints, and separating the legs, then the loins make 2 cuts, and at last divide the shoulders, throwing away the head and the thin edge of the ribs. Steep in cold water to draw the blood and wash carefully. Boil in salted water until tender, and boil ½ pound of salt or pickled pork with it. Large rabbits usually have to be boiled 2 hours before they are fit to eat; young ones may cook in the same time as chickens.

When done place the pieces in natural order in a dish, slice the pork and lay it on top, and pour parsley sauce over all.

493—Roast Sucking Pig.

The pig will be ready trussed when it comes from the butcher's, with the toes inserted in slits cut in the skin. Lay it on its back and drive the point of a sharp knife down through the bone of the back, dividing it convenient for carving, and also detach the ribs along one side, and loosen the inner joints of the hips and legs, which can be done without spoiling the outside appearance of the pig. Wash, and wipe it dry, stuff with the bread dressing containing sage and onions, No. 30, and sew up with twine. Roast about two hours, covered with a sheet of greased paper for part of the time, and baste with butter to get a fine transparent brown color on the skin at last. Make gravy in the pan to pour around the pig in the dish. Serve apple sauce separately in a sauce dish. It is a time-honored custom to insert a small apple in the mouth of the pig before sending it to table.

494—Boiled Kale or Seakale.

Wash free from grit, tie it in bunches, trim off the root end and boil it in salted water, like winter spinnach, about twenty minutes. Drain in a colander. Pour a spoonful of butter sauce over each bunch in the dish.

495—Tapioca Pudding.

3 ounces of tapioca—large ½ cupful.
1½ pints of milk—3 cups, small.
2 tablespoonfuls of sugar.
1 ounce of butter—small egg size.

4 yolks or 2 whole eggs.
Vanilla extract or grated lemon rind for flavor.

Yolks of eggs make the richest puddings, the whites are only like so much corn starch added, unless in articles that require them whipped up, when they add lightness.

The pearl tapioca, in round grains, is the best to work with. The other, large and rough, cannot well be measured, but should be weighed. Crush it with the rolling-pin, and sift away the dust. Soak it in half the milk about two hours in a warm place, but not hot, lest it cake together too much. Boil the rest of the milk with the sugar in it—which prevents burning—put in the soaked tapioca and simmer ½ hour. Add the butter, beaten yolks and flavor. Bake about 20 minutes. Serve with any of the pudding sauces.

Family pudding dishes consist of a tin pan or a graniteware pan, holding about a quart, for baking in, with another pan or dish, plated, to set the baking pan in, and a plated ring that fits and covers the edge of both, thus hiding the baking pan itself from sight when set on the table whole. In the best hotels the puddings are baked in pint bowls and served entire, one to each person.

496—Plain Apple Pie.

For the crust:
1 cupful of lard—½ pound.
3 cupfuls of flour, large—1 pound.

Rub the lard and flour together dry with the hands until they are evenly mixed all through, then pour cold water in the middle, add a little salt, and stir up with two fingers, drawing in the flour gradually. Spread some of the flour on the table and pat the paste into a smooth mass in it; roll out the paste once, fold it up like doubling up a napkin, and it is ready for use.

Cover a pie pan with a layer of the paste rolled thin. Peel 2 good apples, such as will cook easily, slice them off the cores into the pie, cover with another crust, cut off the paste at the edges by pressing with both hands against the pie pan and turning it around at the same time. Bake in a slack oven until the apples are done, from 15 to 30 minutes. Some people grate nutmeg or add cinnamon to the apples, and dredge a little flour over them before putting on the top crust.

497—Rice Cup Custard.

The right proportion of rice, or tapioca, or sago to mix in a boiled custard for a cold cup custard of this sort is 2 ounces to each quart of milk—4 ounces to a quart makes a pudding.

3 cupfuls of milk—1½ pints.
2 tablespoonfuls of raw rice—1½ ounces.
5 tablespoonfuls of sugar—5 ounces.
2 eggs (4 yolks better)
½ cupful of cream to whip.
Flavoring extract, or stick cinnamon.

Boil the milk with the sugar in it, wash the rice and throw it in and let simmer slowly until the rice is cooked tender—about ½ hour or more. Beat the eggs, pour a little of the rice-milk to them, add them to the milk on the fire, stir, and watch till it begins to boil up in the middle again, when instantly take it off and pour it into another vessel to stop the cooking lest the eggs curdle in it

Make the rice custard ice cold and flavor it. Whip the half cupful of cream and mix it in just before serving. Serve in custard cups.

MENU NO. XLV.—SUPPER.

498—Old-Fashioned Family Beefsteak.

Some people manage very well to broil meat by taking off a stove lid and placing the gridiron or wire broiler over the hole. With a little forethought to let the fire burn down clear in time it does very well. The damper should be turned so as to make a strong draft and draw the smoke and flame up the chimney, especially when it is a coal fire. Some of the best hotels have ranges with large openings in the top for the very same purpose; but used especially for toasting bread.

The better way is to put a layer of small broken charcoal in the ash-pan and some live coals on top, and cover all except an opening in front with an inverted baking-pan, so that the draft to the fire must pass over the charcoal under the pan.

Take the steak as bought of the butcher and notch the edges to prevent drawing up in cooking, and beat it out more or less with mallet or cleaver, lay it on the gridiron and place it over the glowing coals. Sprinkle coarse salt on the fire if the flame is troublesome; the salt puts it out and makes the fire clear.

Prepare the gravy while the steak is broiling. Put a quarter pound of butter into a pan with a teaspoonful of black pepper, same of salt, and ½ cupful of water. When the steak is sufficiently done on both sides put it into the pan with the butter, etc., and press it and turn it over to thoroughly season it. Set pan and steak over the fire a minute, and the gravy will presently be found to be as thick as cream. Serve whole on a large, hot dish, with the gravy poured over.

499—Baked Yams.

These are large, yellow sweet potatoes, somewhat course, but mealy and good, that grow to

an enormous size in the far South. Cut or chop them into the size of ordinary potatoes and bake in the same way with the skins on, about an hour.

500—Shrimp Toast.

1 cupful of picked shrimps or canned shrimps or prawns.
½ cupful of fresh butter.
3 or 4 slices of thin toast.

Pound a quarter of the shrimps to a paste. A porcelain potato masher and a round-bottomed saucepan does well for the purpose if you have no mortar and pestle. Mix the paste with half the butter and spread the slices of toast with it. Warm the rest of the butter in a frying-pan and the shrimps in it, and pile them on the toast in a dish. The toast should be cut to a neat shape, without rough edges.

501—German Apple Cake.

2 cupfuls of light bread dough—1 pound.
2 tablespoonfuls of sugar.
Butter or lard size of an egg.
2 or 3 apples.
Sugar and cinnamon to dredge.

Take the piece of light dough—either from the bread pan, or procured from the baker, or started with yeast for the purpose—at noon and work in the sugar and butter slightly warm. Knead it on the table with flour sufficient to make it soft dough again. Set it away to rise until 4 o'clock. Knead it then on the table, spreading it out with the knuckles, folding over and repeating the process for several minutes. This makes all kinds of raised dough good.

Let it stand a few minutes to lose its elastic tendency to draw back out of shape, then roll it out and cover a baking pan with it. Pare and cut the apples in slices, stick them into the sheet of dough and dredge all over with mixed sugar and cinnamon. Let rise till 5 and bake ½ hour.

502—Peach Butter.

8 cupfuls of sliced peaches.
4 cupfuls of sugar.
2 cupfuls of water.

The peaches need not be peeled, but should be rubbed in a coarse towel before slicing.

Put the water into a kettle or bright pan; then the peaches; shut in the steam and let cook at the back of the stove, or set on bricks, for an hour or longer. Then add the sugar, and do not leave it, as it burns very easily, but keep stirring with a broad wooden paddle while it boils one-half hour more. Keep in a jar in a cool place.

503—Family Fruit Cake.

3 cupfuls of raisins—1 pound.
4 of currants—1 pound.
1 of sugar—6 ounces.
1 of butter—6 ounces.
1 molasses—12 ounces.
2 eggs.
1 cupful of sour milk.
1 teaspoonful of soda.
4 large cupfuls of flour—18 ounces.

Having prepared the fruit, make the butter soft, mix it and the sugar, molasses, eggs and sour milk together in a pan, and beat well; mix the soda in the flour, put that in and beat again. Dust the fruit with flour, stir it, bake in a mold or shallow pan.

Another cake of the same sort can be made by mixing fruit in the sponge ginger-bread, No. 220.

MENU NO. XLVI.—BREAKFAST.

504—Stewed Rabbit.

1 rabbit.
1 slice of salt pork.
1 teaspoonful of minced onion.
Black pepper and salt.
Flour thickening.

Cut the rabbit in pieces, according to its size, and let them lie in cold water overnight. Put on in the morning with enough to cover, and let stew until tender—about two hours, unless the rabbit happens to be young. Toward the latter part of the time cut the pork in small pieces, and put in, and the onion. Season with a teaspoonful of mixed pepper and salt, and thicken with a spoonful of flour stirred up with water.

505—Hamburg Steak.

1 pound of beef.
1 clove of garlic, minced.
1 teaspoonful of minced onion.
½ teaspoonful of black pepper.
Same of salt.

Chop the beef like sausage meat, with one-fourth fat to three-fourths lean. Add the seasonings. Make it up in balls, flatten out to thin cakes, dust with flour on both sides and fry in a frying pan with a little drippings.

506—Lyonaise Potatoes.

Lyonaise potatoes are cold boiled potatoes sliced in a frying-pan, and browned with a little minced onion mixed with the drippings. But, on account of the very general objection to onions, at least among business people, the name of lyonaise is often given to the plain article, that is, to cold potatoes fried more or less brown, in a little fat in a frying-pan without the onions. Other restaurant names for this favorite way of cooking potatoes are sauteed and Dutch fried.

507—Omelet with Onions and Parsley.

Slice a small onion as thin as possible and fry it in a small frying-pan with a spoonful of lard and a plate inverted over it to hasten the cooking without getting the onion brown. Chop a spoonful of parsley

Mix 2 eggs with a tablespoonful of milk and pinch of salt and the parsley, and pour it into the omelet frying-pan, already greased with a spoonful of clear butter, and set it over the fire Drain the cooked onion away from the grease, strew it over the omelet, shake the pan to keep the omelet loose from the edges, and when it is nearly set in the middle roll it, and dish with the smooth side up.

508—Yeast-Raised Batter Cakes, Without Eggs.

1 heaping cupful of flour.
1 cupful of water or milk.
½ cupful of yeast.
2 tablespoonfuls of melted lard.
Same of syrup.
Little salt.

Mix all together, the same as setting sponge for bread, either with cold water over night, the batter to be set in a warm place in the morning to rise for breakfast, or else four or five hours before the meal with warm water or milk. Beat well, the more the better, both at the time of mixing and just before baking.

MENU NO. XLVII.—BUSINESS LUNCH.

509—Ox Tail Soup.

2½ quarts of soup stock.
1 ox tail.
1 small carrot.
1 turnip.
1 onion.
Celery, bay leaf, cloves, salt and pepper.

Make the stock by boiling a beef shank in 6 quarts of water several hours, until it is reduced one-half

While the stock is boiling take a carrot, turnip, onion and stalk of celery, and, with any kind of a round cutter or an apple-corer and knife, cut enough lozenge shapes to fill a cup with the mixed sorts. Throw a few of the remaining scraps into the boiling stock for seasoning, and ½ a bay leaf and 3 cloves.

Saw the ox tail into thin round slices and steep them an hour in cold water The ox tail must stew at least 2 or 3 hours to be eatable and so far dissolved as to enrich the soup, and it may be done either in the stock boiler, and the pieces picked out afterward to go in the soup plates, or may be stewed in some of the stock in a separate saucepan, whichever may be most convenient.

At last strain the specified amount of stock clear into the soup pot. Boil the shapes of vegetables in water by themselves ½ hour, then drain off and put them into the soup, also the ox tail slices. Add brown butter and flour thickening in small quantity, let the soup simmer slowly until it becomes smooth and clear again, and skim until all the fat is removed. Season with salt and cayenne.

Serve a slice or two of the ox tail and some of the vegetables in each plate.

When a soup like the foregoing has not a clear syrup-like sort of thickness or body, but is dull, like flour gravy it may be cleared by longer simmering and adding more stock with some cold tomato juice, or lemon juice, or even cold water, and skimming from the side.

If not already light brown add a spoonful of burnt sugar caramel.

510—Oysters and Macaroni—Milanaise.

A third of a package of macaroni—5 ounces.
1 cupful of oysters—2 dozen.
½ cupful of butter—3 ounces.
1 cupful of milk—½ pint.
1 egg.
1 tablespoonful of flour.
Pepper and salt.

Boil the macaroni by itself first, throwing it into water that is already boiling and salted. Let it cook only twenty minutes, then drain it dry. Butter the bottom of a baking or pudding pan that will hold three pints. Put in half the macaroni, strew the oysters over it, drop in the butter in small pieces, dredge with salt and pepper and cover with the rest of the macaroni. Mix the spoonful of flour with a little milk, beat in the egg, then the rest of the milk, and oyster liquor, if any; pour it into the pan, and bake until it is set, or about twenty minutes.

511—Broiled Guinea Fowl.

Prepare young guinea fowls like young chickens for broiling; use the old ones in pies and stews. Split them down the back, draw, wash, wipe dry and flatten them with a stroke of the cleaver on the back. Pepper and salt on both sides, dip them in flour and place them on the gridiron. While they are broiling brush them over with a brush dipped in butter. They require about fifteen minutes to cook. Serve with potatoes and butter gravy in the dish.

512—Chicken Pie, Plain.

When chicken pie or any similar dish is written in a menu as of some partiular style, it, of course, carries the implication that there are more ways than one. A very small variation or addition of vegetables, mushrooms or eggs and wine may suffice to change the name It is only necessary to say here that one way by which young chickens, squirrels, rabbits, etc., are partly fried in butter before being covered with a crust, and the gravy in the pan is made rich

and light brown, may be found detailed at No. 209, for pigeon pie, and the following is the other principal method, or country style:

1 large fowl or 2 chickens.
1 slice of fat salt pork—2 ounces.
1 large potato.
1 teaspoonful of minced onion.
1 of black pepper.
1 of salt.
1 pound of pie crust.
2 tablespoonfuls of flour.
A little parsley

The salt pork is only a seasoning, and may be dispensed with or substituted with butter or the fat of the fowls.

Cut the fowl in 6 pieces if large, first dividing it in half through the back and breast, chop each side in three, taking a piece out between the leg and the wing. Cook the gizzard and heart with the fowl, but leave out the liver, which is apt to impart its flavor to the whole dish. Boil the meat till tender, which may take anywhere from 1 hour to 4, according to the kind of fowl. It does not make much difference how old the fowl is if it be boiled accordingly with the seasonings added. It will make the liquor rich as jelly after a while.

Half an hour before taking the fowl from the fire put in the potato, cut in pieces, and afterward thicken the liquor with flour and water and mix in some chopped parsley.

Turn it into a baking pan, dredge a little more black pepper over the top and a little flour over that, then cover with plain pie paste and bake it ½ hour.

513—Cider Punch.

1 bottle of "champagne" cider.
1 cupful of sugar.
1 of sherry.
2 lemons.
½ cupful of water.

Mix the sugar, water and wine together in a pitcher, and stir until the sugar is dissolved, slice in the lemons as for lemonade, put in a lump of ice, and then fill up with cider.

MENU NO XLVIII.

Church Festival Dishes.

Among all the associations that have been formed for the amelioration of the condition of the human race, is it not wonderful that there has never yet appeared a 'Society for the Improvement of the Quality of Church Festival Suppers?" This, of course, would embrace all similar affairs gotten up for the purpose of raising money, such as for buying books for the library, furnishing the Lyceum Hall, buying instruments for the brass band, buying uniforms for the fire company, or for the benefit of some unfortunate and worthy object of compassion and charity These affairs are taking place too frequently and too constantly to be ignored by any one who is at all interested in the subject of cookery No doubt but, if they were set at regular intervals apart, one or more such festival takes place for every hour in the year, and so far as the cooking of dishes is involved, there is nothing needs improvement so much. The writer has had something to do with scores, perhaps hundreds, of them, either directly or indirectly, either willingly or otherwise, and this description of the very latest will nearly fit the culinary management of them all.

The parties interested procure the use of a vacant store and divide themselves into committees, and the Supper Committee subdivides into a committee to cook the oysters, a committee to procure and put up the stove, another to prepare sandwiches, another cakes, another pickles and preserves, another the ice-cream, the coffee, and so forth Some of the articles are to be made at the members' own houses, in the places and with the utensils they are accustomed to, and that part goes on well. A candy maker, who is a member, offers, if they will furnish the sugar, to make the candy, this is done, and that part goes well, and there is a person who thinks it will be good fun to sell the candy, and goes and borrows a glass show-case and scales and weights, without waiting to be appointed a committee; so that goes well too. But not so with the cooking. It is a poor festival that will not have a hundred visitors, and perhaps there will be twice that many. They all come with the special intention of eating oysters, if it be in the oyster season, and the managers always undertake to cook for them on one rusty little old castaway stove that is not really large enough to do the cooking for a family

The committee finds the stove in a woodshed where they are directed on the morning of the festival day, but never can find all the stove pipe, and by the time the missing joint or elbow is finally put in place it is pretty well along in the afternoon. The different committee drop in to see whether each other has arrived and then drop out again until, about sunset, the committee on setting the tables grows anxious and sets the coffee boiler on the fire. Then a spectator asks what time they will have the oysters ready, and somebody sets on the tin pail full of milk, but as the stove is too small to hold both, the coffee-pot has to be set back against the stove-pipe, or, perhaps, on the hearth in front. Then the committee on oysters comes in and seem surprised; says that somebody said there was plenty of help, and there was no need to come any earlier, but proceeded at once to fill the stove with chips and the fat rind of the sandwich ham, and ten minutes later all the milk they have in the house is scorched on the bottom, and tastes of it. But it has to go in all the same, and in go the oysters. Before many

dishes of stewed oysters have gone in the question is asked more and more frequently whether oysters cannot be had in other ways beside stewed and raw, and at last there is a determined demand for fried, and the committee answers yes, they can have them in a few minutes. Then some one discovers that the coffee has never been put in and the water does not boil; but it is hot and the coffee is stirred in, the oyster stew kettle or pail is set on the floor, the coffee-pot is put in the hottest place for three minutes, then fifteen or twenty waiting cups are filled, the coffee still floating on top of the water because not cooked, being held back with a spoon. Meantime a skillet has been found, a spoonful of grease is put in it, and it is set over the fire. Somebody rolls a few oyster crackers on the table with a bottle, partly crushing them, but there is neither seive nor rolling-pin in the house. The oysters are rolled over in the crushed crackers and the skillet is half filled with them. They are then stirred about with a spoon, like so much cold sliced potatoes or hash being warmed up, and sent in a mess of grease, crackers and oysters jumbled together Somebody ventures to ask whether they would not have been better dipped in egg first, and the committee answers that it would have been too much trouble and take too much time, and that they could not afford the eggs any way—which is quite true, and eggs are not necessary to fry oysters properly, as we will show further on. While this has been going on, the discovery has been made that the oyster stew is all gone, except some quarts of the liquor, but there are no oysters in it, and half the tables have not been served yet; so the oyster pail goes on the fire again and some raw oysters in it. There is too much clamor for more for it to be allowed to boil again; besides, some half dozen persons or more must have some tea, and there is no tea and no committee on tea. But the water must be hurried to boil and the oyster frying must go on, so the stew is pushed back and is dished up with the oysters neither cooked nor raw, but warm and repulsive.

We "set down naught in malice," and will not ask how the people at the tables like the supper, nor what motives, whether of policy or benevolence, they have for paying to partake of it, but supposing the desire all around is to have the supper good, we merely describe the disorder before pointing out our part of the remedy, and would suggest, first, that at every festival of the kind where any cooking, coffee-making or dish-washing is to be done, there should be two stoves at least, and plenty of boiling water ready for all purposes in a reservoir, or some vessel that cannot be emptied and taken for another purpose; second, borrow all the kitchen tables that there is room to place, or that can possibly be used for setting dishes on, for provisions and for cooking operations—the dining-room and its tables will take care of themselves; third, have it positively decided beforehand what is to be cooked, and in what way, and then provide both the necessary materials and the proper utensils; fourth, make the closest estimate possible of the quantities required, based upon the guide recipes here appended, and have it understood where more oysters, more milk butter, coffee, ice, salt, fruit, bread, etc., can be procured if needed, and who is to go for them, and, fifth, set some one to cook oysters, at least, who has had experience of larger demands than those of a family table.

514—Oyster Stew for Fifty.

A quart of small oysters bulk, "solid meat," contains 8 dozen.

A quart of selects, bulk, "solid meat," contains 4 to 4½ dozen.

A can of selects contains 3½ dozen, generally.

The ordinary conventional oyster stew, such as people expect to receive when it is cooked to order, is a pint bowl nearly full, consisting of 1 dozen oysters and 1 or 1½ cups of milk, or milk and oyster liquor.

To serve this according to the letter a pint of small oysters should be sufficient for 4 stews or a can of selects for 3½ or 4; but as the stews for a large number are dipped up and guessed there is always a discrepancy, and a pint can only be relied upon for 3 dishes, though a pint of selects may hold out on account of their larger size.

Proceeding on those calculations provide for 50 stews:

9 quarts of small oysters, or 12 or 13 quarts of selects, or 14 or 15 cans of selects.

1½ gallons of milk.

½ gallon of oyster liquor or water.

1 pound of fresh butter.

2 tablespoonfuls of salt.

Set the milk on in good time that it may heat gradually and not burn, and put in the required amount of salt, which also helps to prevent burning. A thick metal pot is better than a thin tin pail for such a purpose. As to measures, it may be remembered that a common wooden pail holds 2½ gallons or 10 quarts. Never cook oysters and milk both together from the first.

If it can be done conveniently, instead of setting the oysters over the fire as they are, to heat up gradually, and some to cook and shrink to nothing before others are fairly warm, and probably to burn on the bottom besides, drain them in a sieve or colander, and pour a quart of boiling water over them. The liquor will then run through abundantly. Set it on the fire, boil and skim, then put the oysters in and add the boiling milk. Drop in the butter and take the kettle of oyster stew off the fire and do not let it boil any more.

For oyster soup, made with half as many oysters, see No. 279.

515—Oysters Fried Without Eggs.

Mix cracker-meal and flour together, about half and half, but the cracker-meal rather the larger. If none to be bought at the stores crush oyster crackers and put them through a flour seive.

Have some milk in a shallow dish.

Dip the oysters out of their own liquor into the mixed meal and flour, out of that into the milk, then into the mixture again. It does no harm to let them lie a while before frying. Handle carefully, not to rub any of the coating off, as it will not adhere a second time.

Have enough lard very hot in a deep pan to quite cover the oysters. Drop in a few at a time, fry 3 to 4 minutes, take out with a skimmer when light brown and drain free from grease before sending them in.

The milk causes them to fry to the same fine brown color as if eggs were used. If they are quite immersed and fried quickly in lard that is hissing hot, they come out crisp and dry yet full of the juice of the oyster. If simmered in lard that is only half deep enough the breading peels off like so much greasy pudding.

It is useless to try to hurry up a large quantity by filling the pan too full: that must be done by having more pans or deeper ones and more hot lard. It does quite as well to put a deep pan of lard inside the oven and fry them that way when the top of the stove is otherwise occupied. For the sake of an estimate it may be calculated that two ounces of lard will be used for every dozen oysters fried—not that it will be all gone, but it becomes black with sediment and foul with the gelatine of the oysters and has to be renewed.

516—Clam Fritters Without Eggs.

Take fresh clams and their liquor in a separate pan and bread them in a mixture of cracker meal and flour, as directed for fried oysters in the preceding article. Dip the clams, however, in the meal mixture 4 times, giving them four coats, three of them with their own liquor, and the last dip in milk before the cracker-meal. Clam fritters are better made this way than with eggs.

517—Clam Chowder.

2 cupfuls of clams, or a can.
A slice of salt pork—6 ounces.
4 cupfuls of sliced raw potatoes.
½ cupful of sliced onion.
1 teaspoonful of salt.
½ teaspoonful of pepper.
2 cupfuls of milk and the clam liquor.
1 cupful of broken crackers.

Cut the pork small, put it in a pan that will hold over 2 quarts and bake or fry it light brown. Put the potatoes, onions and clams on top of the fried pork in layers, add the milk and clam liquor with the seasoning in, the crushed crackers on top, and bake until the potatoes are done, or over an hour. The surface should be moistened with spoonfuls of the liquor and a greased paper laid on top to prevent burning.

518—Boiled Ham.

A ham that weighs 14 pounds as bought raw will weigh only 13 pounds after boiling, and will yield 9 pounds of meat to slice. A plate of ham is about 4 ounces. A 14-pound ham may be expected to make about forty plates.

519—Ham Sandwiches.

About 1 ounce of ham is enough for a large biscuit sandwich for a party, and 2 ounces for the larger sort, made with baker's rolls, for sale at lunch counters. A ham that weighs 14 pounds raw will make about 140 of the festival sandwiches or 75 for lunch counters. Another way besides slicing the ham for sandwiches is to take the pieces that will not make good slices for the plates and chop fine, season with pepper and warm butter and a little made mustard, and spread the mince between the split biscuits.

520—Baking-Powder Biscuits.

Not long since we witnessed what seemed a somewhat odd proceeding—the sending of a sample of baking-powder biscuits from one friend to another some fifty miles away as a present. They were daintily packed in a delicate fringed napkin, in a dainty little basket, and were sent carefully by rail. Just biscuits! But these were almost as good as fine rolls; they were cut out rather large, just right for church fair sandwiches; they were white, fine grained, soft and flaky, and, come to think of it, what with the setting aside of the yeast-raised breads, and the growing forgetfulness of how to make them, and the misrepresentations of the baking-powder makers, really fine biscuits, are getting to be scarcer than diamonds, and are rising in value accordingly. If things keep growing worse in the domestic bread line a few years longer, Christmas cards will go out of fashion and people will pay high prices for the few fine biscuits that will be attainable and send them as presents instead. This mischief is caused by the baking-powder manufacturers saying that two, or even one, teaspoonful of powder is enough for a quart of flour, and as most people use only a level teaspoonful, or at most only slightly rounded, it has no perceptible effect at all and the biscuits are dreadful. If biscuits are wanted that will do to send as Christmas presents you must use three heaping teaspoonfuls of the best powder in the market. Of course it is expensive. Baking-powder bread is

the dearest in the world. But this is the way to make it good:

1 pound or quart of flour.

Lard size of an egg, melted; or 4 tablespoonfuls.

3 heaping teaspoonfuls of baking powder.

1 small teaspoonful of salt.

3 cupfuls of water or milk.

Mix the powder in the flour dry. Place the melted lard in a hollow in the middle, the salt and water or milk with that, and stir around, drawing the flour in gradually, so as to make a smooth, soft dough. Turn out on the floured table. Press the dough out flat with the hands, fold it over again and again, and press out till it is compact, even and smooth. Let stand 5 minutes. Roll out and cut into biscuits. Bake 15 minutes.

521—To Make Baking Powder.

2 teaspoonfuls cream tartar.

1 teaspoonful baking soda.

1 teaspoonful corn starch.

Mix all together by sifting and it is ready for use.

522—Plain, Sweet Buns, Made Without Eggs.

2 large cupfuls of light bread dough—1 pound.

Butter or lard size of an egg—2 ounces.

2 heaping tablespoonfuls of sugar—2 ounces.

Extract of cinnamon or nutmeg to flavor.

Take the light dough from the bread pan at about noon and work in the butter, sugar and flavoring. Let stand an hour; then knead thoroughly, observing the directions already several times elsewhere repeated, to spread and pound the dough with the fists, and fold over and repeat till the dough is full of air bubbles, silky-looking and elastic.

At 4 o'clock knead again, mold into round balls, flatten them slightly as you place them in the pan, and touch each side with melted lard if they are likely to touch each other, for the lard prevents sticking together. Rise an hour in the pan, bake about 20 minutes. Brush them over the tops with syrup when done, and dredge granulated sugar upon them.

523—Meringue Cakes.

Bake sheets of cake in large pans—Nos. 36 and 332 are good kinds of cake—and cover them with meringue or frosting made as for star kisses, which has more sugar than that for frosting lemon pies, and consequently is firmer to cut. Bake the meringue very gently with the oven door open, and slip a board under the pan to keep the cake from baking too much on the bottom. Cut the cake in squares when done.

Granulated sugar sifted over the top of the frosting before baking gives it a finer glazed surface.

524—Strawberry Shortcake.

It is a cake of short paste, not sweet, as large as a dinner plate and thick as a biscuit, split in two after baking, strawberries and sugar spread on the lower half, the other placed on top with the split side upward and more berries spread upon that. It is eaten with cream. The ingredients required are:

1 cupful of lard or butter—8 ounces.

3 cupfuls of flour—12 ounces.

½ teaspoonful of salt.

1 cupful of ice water.

1 quart of strawberries.

1 cupful of sugar—8 ounces.

Pick the stems from the berries before making the paste, also mix the sugar with them by shaking about and set them in a cool place.

Rub the butter into the flour thoroughly with the hands. Salt is needed only when lard is used. Make a hollow in the middle, pour in the water, mix up soft, roll out on the table in flour reserved for the purpose. It makes the cake flaky and part in layers to roll it and fold it a few times like pie paste.

Then make it up round, let stand five minutes, roll out thick as biscuit and bake on a jelly-cake pan. Finish with fruit as above stated.

525—German Coffee Cake.

Make the sweetened light dough the same as for buns at No. 522, and at 4 o'clock, instead of making it into round buns roll it out very thin—not thicker than a pencil—then take upon the rolling-pin and unroll it on a large baking-pan. Brush over the surface with a spoonful of lard melted in hot water, to prevent a crust drying on top, and let it rise an hour. Before setting the light cake in the oven mark it with cuts of a knife point to prevent puffing up. Bake ten minutes. Brush over as soon as done with syrup and sift mixed powdered sugar and ground cinnamon all over it. Cut in squares.

526—German Sugar Tops.

Rich cookies sprinkled with gravel sugar.

1 cupful of sugar—8 ounces.

½ cupful of butter, large—4 ounces.

3 eggs.

½ cupful of milk.

2 teaspoonfuls of baking powder.

4 cupfuls of flour—1 pound.

Work the softened butter and sugar together to a cream, the same as for pound cake, beat the eggs and mix them in, then the milk, and the flour with the powder mixed in it. Keep the dough as soft as it can be handled. After it has been pressed and worked smooth on the table let it alone a few minutes before rolling out, then the cakes will not draw out of shape when cut.

While they are baking mix an egg and some syrup together in a cup, add some flavoring

extract, brush the hot cakes over with it and dredge gravel sugar on top.

Gravel sugar is loaf sugar crushed and the dust sifted away, then again sifted in a colander. The sugar that passes through the holes of the colander is gravel sugar.

527—Coffee for a Festival.

1 half pint cupful of ground coffee shaken in and heaped up is 4 ounces.

4 ounces of ground coffee makes 8 half pints or 10 cups, as they are commonly filled, of good quality.

1 pound of coffee makes 2 gallons or 40 cups

2 teaspoonfuls of sugar on an average is used to sweeten a cup of coffe.

2 teaspoonfuls is an ounce.

2½ pounds of sugar, or 40 ounces, is required for every pound of coffee, or forty cups.

2 tablespoonfuls of cream, on an average, is required to each cup of coffee.

14 tablespoonfuls make ½ pint.

1½ or 2 pints of cream is enough for every pound of coffee, or 40 cups; provided, however, the cream be served in individual small pitchers.

528—Ice Cream and Strawberries.

Four quarts of cream is sufficient for fifty common plates of ice cream. It will increase to six quarts in bulk if properly frozen, and there should be room in the freezer accordingly. A little difference will be found in amount required when berries are served in the same plate.

Strawberries generally are improved by being covered with sugar some hours before they are to be used, and set in a cold place to form their own syrup.

Recipes for making different kinds of ice cream and frozen custards may be found by reference to the index.

MENU NO. XLIX.—BREAKFAST.

529—Fresh Strawberrie

If you have fine freshly gathered strawberries properly clipped off with an inch of the stalk attached do not pick them over, but serve as they are, with powdered sugar in very small glass bowls set at each plate. But strawberries that are to be served from a bowl and with cream are generally the better if covered with powdered sugar and set on ice some time before the meal.

530—Soft Shell Crabs, Fried.

Every part of a soft shell crab is eatable, shell, claws and all except the sand scraper, which pull off and wash the crab and dry it. Bread it in the usual manner, by dipping in egg in which a small proportion of water has been beaten, then in cracker-meal. Drop it into a saucepan of hot lard or oil and fry light brown in about ten minutes. Mayonaise sauce may be served at the side separately.

531—Breaded Veal Cutlets, Broiled.

Cut thin chops of the ribs, scrape the end of the bone clean for about an inch, trim off the gristle from the broad end, flatten slightly with the cleaver, dredge with pepper and salt, dip in melted butter on a plate, then in bread crumbs minced extremely fine, then in the butter, then in the bread crumbs again. Grease a sheet of writing paper with oil or butter and lay it on the gridiron over clear coals and the cutlets upon it, thus giving them time to get done before the breading is brown. Throw the paper away at last and finish the cutlets on the bars. Serve garnished with parsley and lemon.

532—Sauteed Sweet Potatoes.

Slice cold steamed sweet potatoes into a frying-pan that has butter in it, only just enough to cover the bottom. When the potatoes have become lightly browned underneath, shake the pan and toss them over. Dredge with salt.

533—Frogs' Legs Fricasseed.

Take the frogs out of the cold water they have been steeping in, and, having trimmed away the feet, place them in a broad-bottomed saucepan with a little fresh butter and very little minced shalot, and let them stew in the butter until it begins to brown, then pour in half cup of sherry or white wine, or a little of each (for a dozen large frogs saddles) and twice as much hot water. Stew with the lid on for twenty minutes, then skim off most of the butter and add a seasoning of salt and cayenne. Thicken the liquor with four yolks of eggs beaten with two spoonfuls of cream. Pour some of the hot liquor to the yolks before adding them to the contents of the saucepan, and take it from the fire almost immediately, or as soon as it shows the first sign of boiling again. Place the frogs in order in the dish and pour the sauce over them through a strainer. Frogs can also be plainly stewed like chickens, without wine and without the egg thickening.

534—Tongue Toast.

Make some thin slices of toast, cut them to a shape and cut off rough edges. Spread thinly with butter, then with a layer of potted tongue, and set in the oven with the door open for a few minutes.

535—Potted Tongue.

Boil a corned tongue 3 hours, if a beef tongue, or until tender. Dip it in cold water and peel off the skin. Cut up and mince small, then pound it to a paste. Melt two large cupfuls of butter and prepare a teaspoonful of mixed ground spices, half mace and the rest cloves, nutmeg and cayenne. Add the spices to the tongue, and a little salt besides, and most of the clear part of the melted butter, and pound it all together.

Press it into cups or small jars tightly to exclude the air and pour the rest of the clear butter on top. Keep covered in a cool place.

536—Ham and Eggs.

Cut out the meaty side of a ham, close down by the bone, all in one piece, then, after shaving off all the outside, cut it as wanted into broad s ices as thin as they can be cut with a sharp knife. Broil a slice about four minutes over clear coals.

Break 2 eggs into a small, deep dish, put a teaspoonful of clear melted lard into a very small frying-pan, and before it gets very hot pour in the eggs without breaking the yolks. When nearly done, dexterously turn one half over onto the other. Place the broiled ham on a good-sized dish, well up toward one end of it, and the eggs lying on the edge of it in the middle of the dish.

537—Finest Breakfast Rolls.

8 level cupfuls of flour—2 quarts or pounds.
1 full cup of milk—½ pint.
½ cup of yeast, or a compressed yeast cake dissolved.
Butter size of an egg—2 ounces.
1 tablespoonful of sugar—1 ounce
2 yolks of eggs.
½ teaspoonful of salt.

Keep back a cupful of the flour to knead with. Sift 7 cupfuls into the bread pan, put all the ingredients named into the hollow middle, the butter melted first, and mix up to soft dough and knead it thoroughly on the table. Set it away to rise in a warm place. Before the dough is put back in the pan, however, the pan should be scraped clean and the inside brushed slightly with melted lard or butter, and the lump of dough rolled over in it that the touch may prevent a crust forming, or sticking to the pan. The first thing in the morning, knead the dough again, pounding and folding over repeatedly. then roll out to a sheet, cut out, brush one side of each piece with melted butter and double them to form "pocket-book" rolls. Set to rise for an hour or longer. Bake 10 minutes.

538—Rice Croquettes.

½ cupful of rice, raw—or 2 cups cooked.
1½ cupfuls of water and milk.
Butter size of a guinea egg—an ounce.
1 tablespoonful of sugar.
2 yolks, or 1 egg.
Nutmeg.

Put the rice on to boil in a measured cupful of water, and when it is half done add ½ cupful of milk. It is an object to have the rice dry when done, and yet well cooked. Keep the steam shut in while it is cooking. When soft enough, mash it slightly with the back of a spoon, work in the other ingredients and a pinch of salt. Make it in shapes, with flour on the hands, like small biscuits, and make a hollow in the middle to hold a spoonful of jelly. Having coated the shapes well with flour, fry them in a saucepan of hot lard. They will do without breading in egg and cracker meal. Put currant jelly in the depression when dishing up.

539—Waffles, Yeast Raised.

To make the cheapest waffles without eggs use the batter made by the recipe No. 508, and dry them well in the waffle irons. The following makes a richer and better sort:

3 cupfuls of flour—12 ounces.
1½ cupfuls of milk.
½ cupful of yeast, or a yeast cake in water.
1 tablespoonful of sugar or syrup.
Lard size of an egg, melted.
2 eggs.
1 teaspoonful of salt.

Mix up over night with the milk cold; early in the morning set the batter where it will get warm, and when it is well risen beat it thoroughly.

Put a spoonful of melted lard in the waffle iron and turn it over to grease both sides. Pour the batter in from a pitcher and bake brown on both sides.

540—Baking Powder Waffles and Batter Cakes.

2 cupfuls of flour—8 ounces.
2 of water or milk.
3 tablespoonfuls of melted lard.
1 of syrup.
1 egg. Little salt.
1 heaping teaspoonful of baking powder.

Put all the above at once, except about half the milk, into a deep pan and stir up hard. Thin it down with the rest of the milk.

MENU NO. L.—DINNER.

541—Clams on the Half Shell.

The smallest clams are preferred. Wash the outside thoroughly before opening. Loosen the clams from the shell they are served in and retain all the liquor the shell will hold. Place 4 or 5 in each plate and half a lemon in the middle.

542—Terrapin Soup.

Meat and stock of 3 terrapins.
2 quarts of veal and chicken stock.
Herbs and seasonings.
Light butter-and-flour thickening.
Lemon and wine.

To prepare the terrapin from the first see directions at No. 453.

There will be 2 or 3 pints of the liquor they were boiled in. Make as much more by boiling the heads in water until dissolved, also cut the meat of the terrapins into pieces of small size and put most of the bones back in the soup, keeping the meat to be added later.

Make 2 quarts of good meat stock by boiling a veal shank and a chicken in 4 quarts of water until reduced to 2 quarts. Add while it is boiling a small slice of ham, a green onion, 3 cloves, ⅛ blade of mace, 4 or 5 sprigs of parsley, 1 each of green thyme, marjoram and savory, if they can be had. When it is reduced sufficiently take out the chicken and veal, pour the terrapin stock into the veal stock, and for every quart allow 1 tablespoonful of flour and the same of fresh butter. Work these together in a saucepan over the fire as if making drawn butter, pouring in some of the soup when it begins to brown and then turning the whole into the soup pot.

Then strain the soup through a fine strainer into a clean saucepan, let it simmer slowly and skim it until clear. Mix ⅛ cup of Madeira, juice of ⅛ a lemon and a large spoonful of cold water and add them to the soup and also the terrapin meat. These will bring up the scum when the soup boils again and make it clearer still and bright. Season with salt and cayenne and add the terrapin eggs.

543—Baked Sea Bass.

Scale and clean the fish; leave the head on if it is to be sent to table whole. Make a stuffing for it of 2 pressed cupfuls of bread crumbs, a small cupful of butter, rind of a quarter of lemon minced fine, parsley, green thyme and marjoram, and pepper and salt, and two eggs mixed with a spoonful of water to moisten it. Sew up the fish when stuffed. Mark it in slices as it is to be carved, on both sides, by cutting down to the bone, and put a thin slice of salt pork in each incision. Bake in a long pan, with soup stock and salt and pepper in it, about 30 or 40 minutes, or according to size. Put a little strained tomatoes and brown gravy into the fish pan, and water if necessary; let boil up, skim and strain for sauce.

544—Roast Leg of Mutton.

For plain roast leg of mutton proceed in the same manner as for roast beef. Read remarks at No. 162. Whether the mutton shall be rare done or well done must depend upon the preferences of those it is cooked for, but in either case the method is the same, and the natural gravy should flow from a well-done leg of mutton as well as one under-done, if not in such large quantity. It is best to make it a rule to always put a little salt in the pan the meat is roasted in, and water enough to cover the bottom, and if a made gravy is wanted some scraps and trimmings beside. The reason is that the gravy that oozes from these scraps, and that will escape from the meat, too, to some extent, will be found at the end of the roasting sticking to the bottom of the pan, while the grease is above it as clear as water, and if this condensed gravy has salt in it it will dissolve as soon as the grease is poured off and water reaches it instead, but if there is no salt it is slow to dissolve. A spoonful of thickening will be needed in it.

Let the leg of mutton have a good brown color on the outside, even if not done through. Turn it over by lifting the projecting bone, and do not pierce the meat with a fork. From 1 hour to 2 will be required to roast it, according to size.

545—New Potatoes, Maitre d'Hotel.

They never seem so good when they have to be pared. Take potatoes that are small and just out of the ground and scrape them, keeping them covered with cold water until time to cook. Put them on in cold water, with salt in it; boil with care, not to let them break when done. Drain off; put in fresh hot water, little salt, lump of butter, vinegar to make taste slightly, chopped parsley, and when these have boiled up, a spoonful of flour thickening. Shake about, without putting a spoon in, until it thickens. All articles that are a la maitre d'hotel have an acid and some green in the sauce.

546—Roast Green Goose.

Singe and pick the young goose free from pinfeathers and draw it. If to be sent to table whole, the pinions should be cut off before cooking and the main wing joints skewered to the back, and the legs held compactly to the side either with skewers or twine. Fry a minced onion in butter, light yellow, and not at all dark and strong, and mix it with some dry mashed potatoes; add an egg and the butter that the onion was fried in and a seasoning of white pepper. Stuff the goose with the seasoned potato, sew up, bake it in a pan for about one hour, or more, if large. Dredge the goose over with flour when nearly done, and baste it with butter, which will produce a fine crust and brown color.

If to be sent in whole, bake some small apples in a pan covered with greased paper and place them around the goose in a dish.

547—Stewed Butter Beans.

Throw Lima or butter beans into a sauce-pan of water that is already boiling and has salt in it, and cook about half-hour, if green beans, but if dried they will take one and a half hours, besides a previous soaking in water. Drain away the water, and mix in a little cream sauce or butter sauce, or add milk, butter and salt, and thicken when it boils up.

548—Artichokes as a Vegetable.

Let the artichokes lie in a pan of cold water, the same as is the rule for cauliflower, spinach, etc., an hour or two before they are to be cooked. Wash well, and if the tips of the leaves are discolored, clip them; cut the artichokes in 4 and remove the stringy core. Have the water ready

boiling, put in a teaspoonful of salt and baking soda the size of a bean, boil the artichokes about ½ hour or until the soft end of the leaf when pulled out proves to be tender. Drain and serve like cauliflower, 2 pieces in a dish, and a spoonful of butter sauce poured over.

549—Lambs' Tongues with Artichokes.

Take, for preference, corned lambs' or sheeps' tongues of a good pink color, and boil them not less than 2 hours, which may be done the evening before they are served, if more convenient. Put them into cold water and peel off the outside and split them lengthwise in two.

Having the halves ready in a dish when the roast meat is done, after taking it out lay the tongues in the fat and glaze in the baking pan for about 5 minutes, then take them out slightly browned and glazed and keep hot.

Cook an artichoke for each dish, as directed in the preceding article, boiling them, that is to say, like summer cabbage or cauliflower, but cut them in halves instead of quarters; only scoop out the fibrous part before cooking. Drain them well. Serve a half tongue in the small dish and a half artichoke at each end, and a spoonful of brown gravy over the vegetable without covering the tongue. Tongue and spinach may be served the same way.

550—Supreme of Fillets of Fowl with Asparagus Points.

Takes its name from sauce supreme, which is simply the richest white sauce that can be made; and when the breasts of chickens, cut and trimmed perfectly smooth and shapely, are covered in the dish with sauce looking as glossy as white satin, just thin enough to settle down smooth, yet too thick to run off the meat, and spotted all over the surface with green heads of asparagus and bordered with the same, it makes a very attractive dish. There is no probability that such a name for a dish will ever be accepted for common among English-speaking people, the ideas associated with the word supreme making such a connection seem incongruous, if not ridiculous. We talk about it here because the dish is one of the most prominent in the banquets of the crowned heads and dignitaries of Europe, and it is desirable, at least, to know what it is.

Take 2 fat pullets and cut them so that the breast and breast-bone entire will be one piece and the back and legs another. The latter may be chopped in small pieces to make the essence, as only the breasts are wanted for the dish. Boil all in about 4 quarts of water, but do not put in the breasts until the other is boiling, and take them out at the end of an hour, or sooner, if done. Then set them away to get cold. Add vegetable seasonings to the liquor the pieces are stewing in, but very little, for it has to be condensed. When it has simmered half way, strain the liquor through a napkin, set it on again in a bright saucepan, thicken it with two tablespoonsful of flour and as much butter, that have been stirred together over the fire, but not browned, and keep it simmering slowly and skim often. When it is down to a quart or less pour in the liquor from a can of mushrooms or some mushroom liquor obtained by boiling minced button mushrooms for the purpose. When, after that, the sauce is again reduced to less than a quart, and is becoming thick, beat in a spoonful of fresh butter, a squeeze of lemon juice, salt and cayenne, and boil a cup of cream in another saucepan. Add cream, a little at a time, to the sauce just before it is wanted, making it of the consistency required, and pass it through a fine strainer.

The breasts of the fowls are to be brought out a sufficient time before the meal, cut carefully off the bone and trimmed to a good form, then made hot in chicken broth, taken up and placed on the dish or dishes, and the sauce poured over.

The asparagus heads, having been cut from the stalks before cooking and carefully boiled like green peas, are to be drained and shaken about in butter, and placed in the dish with a fork.

551—Scrambled Brains in Patties.

1 pint or pound of brains.
4 eggs.
1 ounce of butter, size of an egg.
Parsley, pepper and salt.

Simmer the brains in water, with salt and a little vinegar in it, about 20 minutes. Take out, pick them over to remove the dark portions, put them into a frying-pan with the butter, break in the eggs, add a little chopped parsley, pepper and salt, and stir all together over the fire until the eggs in it are soft cooked. Then fill patty shells made of puff paste, put on the lids (see No. 256) and ornament with a sprig of parsley.

Scrambled brains as above also make a good breakfast dish without the patties. It is common to put the brains in the pan raw, but not a good way, for it is difficult to get them cooked through without making them too dry, and almost impossible to free them from blood discolorations.

552—Rice Custard Pudding.

A large ½ cup of raw rice—4 ounces.
Butter size of an egg—1½ ounces.
2 tablespoonfuls of sugar—2 ounces.
2 yolks of eggs.
Vanilla extract to flavor.
1 cupful of milk.

Wash the rice and put it on to boil in a measured cupful of water, and when it is half cooked pour in ½ cupful of milk. Put on the lid and

let it cook gently at the back of the stove. Never stir it and it will not be very apt to burn.

Then mix in the other ingredients—the ½ cup milk remaining to be beaten in with the yolks—and pour it into a buttered pudding pan that will hold a quart. Bake only till fairly set in the middle, as too much baking will cause the eggs to separate and make it watery. Serve with a sauce.

553—Raspberry Tart.

1 quart of fresh raspberries.
1 small cupful of sugar.
Puff paste for the crust.

Boil the raspberries with the sugar spread over the top and only a spoonful or two of water in the pan to moisten the bottom until the juice begins to run.

Lay a crust of puff paste rolled thinner in the middle than at the edges in a very small pie pan, or as many of them as are needed, fill the little pies with the stewed raspberries and bake without a top crust for about fifteen minutes. The puff paste edges of such pies as these rise the better if the oven is hot when they are first put in, and then allowed to cool so that they may dry well done.

554—Red Cherry Ice.

4 cupfuls of sweet red or black cherries—1 quart.
2 cupfuls of water—1 pint.
2 level cupfuls of sugar—12 ounces.

Mash the fruit raw and thoroughly so as to break the stones—a potato masher and deep saucepan will do—and strain the juice through a fine strainer into the freezer. Boil the cherry pulp with some of the sugar and water to extract the flavor from the kernels, and rub that also through the strainer, add the other pint of water and balance of the sugar and freeze. Use no white of eggs in this ice, as the color is not good unless frozen natural. This makes a good ice for the third color in a Neapolitan.

555—Queen Cakes.

1 level cupful of granulated sugar—7 ounces.
1 of butter—6 ounces.
6 or 7 whites of eggs—6 ounces.
2 cupfuls of flour—8 ounces.
Grated rind and peel of ½ a lemon.
5 tablespoonfuls of sherry.
1 cupful of cut citron—8 ounces.
1 cupful of almonds, peeled and split.
1 cupful of sultana seedless raisins.

This, as is seen, is a white cake mixture with fruit in it. The appearance will be the finer if the citron can be procured of a light green color, as it sometimes is. Get the fruit ready first.

Then cream the butter and sugar together, add the whites a very little at a time without previous beating. When they are worked in add the flour, and after that beat the cake for about 10 minutes. Add the flavorings and then the fruit, but first dust it well with flour to prevent sinking in the cake.

Bake in small patty pans or muffin rings, and when done spread the tops with icing.

MENU NO. LI.—TEA.

556—Deviled Crabs.

Boil the crabs in salted water 20 minutes, open, crack the claws and take out the meat, measure it with a spoon into a bowl and add half as many spoonfuls of fine bread crumbs. For each crab add a teaspoonful of softened butter, same of vinegar mixed with a small teaspoonful of made mustard, a pinch of salt and cayenne. Pack the mixture in the crab shells and cover the surface with cracker meal, bake brown in a brisk oven and baste the tops once with butter to moisten the breading. Serve in the shells.

557—Buttered Toast.

Slice the bread thin and toast in the wire broiler over clear coals, or over the stove fire with the stove lid removed. Cut off the rough edges, and cut the toast either in long or triangular pieces all alike. Moisten it slightly by pouring a very little boiling water over it with a teaspoon, especially around the edges; then spread with softened butter and set it before the fire a few minutes.

558—Rice Waffles.

1 cupful of dry, cooked rice.
1 small cupful of milk.
1 of flour.
2 or 3 yolks and 1 whole egg.
2 tablespoonfuls of melted butter.
1 of syrup.
Little salt.
1 teaspoonful of baking powder.

Mash the dry-cooked rice in a pan with a little of the milk, which should be warm, till there are no lumps left, then add the rest of the ingredients all at once, and beat up thoroughly. Bake in a waffle iron.

Sour milk and soda can be used instead of sweet milk and baking powder.

559—Country Pancakes.

Bake batter cakes on a large griddle, so as to get a number at once. Spread them with butter and sugar, and pile up six or more in a plate. Cut in quarters when served.

560—Peaches and Cream.

The harder kinds of peaches should be chopped to the size of strawberries and mixed with sugar two or three hours before the meal. Allow about four ounces of sugar to a quart. Soft peaches, after peeling, are best only quartered or sliced. If admissible, serve them in large glass bowls ornamented with quarters of red or yellow peaches placed in order and a pitcher of cream with each bowl separately. If served individually in saucers, pour the cream over only as they are dished up.

MENU NO. LII.---BALL SUPPER.

561—Egg Lemonade for Fifty.

8 quarts of water—a tin milk pail full.
3 pounds of sugar—6 or 7 cupfuls.
2 dozen lemons.
2 oranges.
8 or 10 whites of eggs.
Shaved or broken ice.

Grate the rinds of 8 or 10 of the lemons and the oranges into a large bowl, using a tin grater, and take less or more, according to the size and degree of ripeness or greenness of the fruit. Scrape off the grated rind that adheres. Put a little sugar in the bowl and rub the zest and sugar together with the back of a spoon. Squeeze in the juice of all, add the sugar and some water and then the whites of eggs, and beat the mixture till the sugar is dissolved; put in water to make the specified amount and strain the lemonade into another vessel containing ice.

When to be served fill a glass three parts full, invert another on top, the rims close together, and shake up to make the foam.

562—Plain Lemonade.

Three or four lemons, according to size, and a small cup of sugar to a quart of water. Slice the lemons into the water beforehand, and let stand. Put shaved ice in the glasses before filling.

Clear lemonade can be obtained by filtering it, when made, through blotting paper folded to fit in a glass funnel.

563—Catawba Cup.

To each bottle of dry catawba allow two bottles of soda water and a quarter pint of curacoa, mix in a pitcher, and add ice abundantly. If not convenient to get bottled soda, use water and sugar or lemonade to mix with the wine and liqueur.

564—Turkey Galantine, or Boned Turkey in Jelly.

Three different ways of preparing either chickens, turkeys or ducks for this purpose have been described at Nos. 89, 306 and 465.

When the boned and stuffed fowl has been sufficiently boiled press it, still in the cloth, into a pan or mold, and there let it remain with a weight on top until cold. Into whatever shape it may be, there should be another vessel a size larger precisely like it, and the boned turkey or chicken, being taken out of the first mold, and the cloth taken off and the surface wiped clean with a napkin dipped in hot water, is then to be placed in the larger one; the space is then filled up with aspic jelly, poured in nearly cold, and when set, the mold being dipped a few moments in warm water, the galantine can be turned out onto its dish and decorated.

Two fair-sized turkeys, prepared as above, either stuffed with forcemeat or with the meat of another turkey or chicken, will slice into fifty plates.

565—Sandwiches of Potted Rabbit.

Make baking powder or buttermilk biscuits large in diameter, but thin and flaky, split them, spread one-half with butter, the other with potted rabbit and place them together again.

566—Potted Rabbit.

Potted meats will keep for months if required and can be drawn upon as the occasion arises.

2 small rabbits or 1 large one.
1 pound of fat bacon.
1 pound of veal.
The liver of the rabbits.
Salt, pepper, and spices.

Cut the rabbit in pieces and put it in a stone jar; cut the veal and bacon in large dice, mix them and add a teaspoonful of mixed mace, cloves, and black pepper, and a teaspoonful of salt, and fill the spaces between the pieces of rabbit. Lay a thin slice or two of bacon on top and 1 bay leaf, then cover with a lid of plain paste made of flour and water only, set the jar in a pan or pot containing water and bake in a slow oven 3 or 4 hours. There is no water needed in the meat. A greased paper on top will keep the paste from burning.

When done, set the jar away to become cold, pick the meat from the pieces of rabbit and pound them to a paste along with the veal and bacon and fat, and if any gravy at the bottom, boil down almost dry and mix it in. Taste for seasoning. Press solid into small jars or cups, and cover the top with the clear part of melted butter. Keep tightly covered in a cool place.

567—Sandwiches of Potted Quail.

Make rolls, either split or rounded, but flat, and place inside a half of a potted quail, prepared according to the following recipe.

568—Potted Quail.

1 dozen quail.
1 pound of veal.
1 pound of fat bacon.
Seasonings and paste.

Bone the birds as directed for boning fowls; a penknife may be used, and no great care is required, except to get all the meat and not tear the sides to tatters. Cut each in two. Chop the veal and bacon together into sausage meat, and season with a teaspoonful of mixed mace, cloves and white pepper, and the same of salt, and a teaspoonful of finely minced lemon rind.

Select a jar or two small ones that the quail may be kept in after cooking, spread a thin layer of the veal and bacon forcemeat on the bottom, lay the halves of quail in order on that, spread them with a little of the forcemeat and so on till all are in, having forcemeat for the top. Cover with a thin slice or two of bacon, then with a crust of flour and water paste and bake by setting the jar in a pan of water in the oven for three hours.

When done take off the crust and drain away the fat and gravy and press by placing a small plate inside on the meat and a weight on that. When cold cover with clarified butter and cover tightly to exclude the air.

In case bacon is not liked in such pottings as the two preceding, fresh butter sufficient to cover and bake the meat or birds in can be used instead.

569—Smoked Tongue.

Smoked reindeer, buffalo or ox-tongues should be soaked in water a day or two before they are cooked. Boil them about three hours, peel off the outside skin, slice very thin, when cold, on a large platter. Around the edge put a border of green pickled peppers and gherkins, cut in strips and interspersed with shapes of beets scooped out with a potato spoon and previously steeped in vinegar.

570—Chicken or Turkey Salad for a Handed Supper.

6 or 8 fowls or 2 turkeys, or both, for a large party.
12 to 24 heads of celery—according to size.
1 dozen hard-boiled eggs.
Salad dressing and olives.

Boil the fowls until tender and set them away to cool. Pick off all the meat and cut it first in strips and then across in dice, the smaller the better, but never chop it.

Cut the celery stalks lengthwise, also, and then in dice not so small as the chicken. Mix them, season lightly with pepper and salt and moisten with a sprinkling of oil and vinegar, then pour over it in the pan or bowl the salad dressing of the annexed recipe. This salad, that being ready-mixed, will be placed by the spoonful upon the plates along with other meats, should be moist enough not to be a compact paste, as it is when the chicken is minced too fine, yet the dressing must not run like a sauce. If the dressing or the salad need thinning use a cupful of the broth the fowls were boiled in, cold, but not ice-cold, lest the butter separate. Round up the salad slightly in a flat dish or shallow bowl and border with olives and quartered eggs, or with shred green lettuce.

571—Best Salad Dressing.

This quantity is for salad for a party:
6 yolks of hard-boiled eggs.
3 raw yolks.
½ cupful of olive oil.
½ cupful melted fresh butter.
1 cupful of vinegar.
2 teaspoonfuls of salt.
1 tablespoonful of made mustard.
Little pepper-sauce and cayenne.

Grate the hard-boiled yolks or pound them quite smooth in a bowl with the butter, made soft by warming, and the raw yolks. Add the salt, mustard, cayenne, and then a little oil and a little vinegar next, working in first one and then the other, a spoonful at a time, until all of the specified amount is in. The bowl should be set in ice water. This makes a buttery compound that may either be mixed with the salad material or spread on top.

572—Poached Yolks for Salad Dressing.

A considerable saving may be effected when preparing for a party, at the season when eggs are dear, by separating the eggs raw, taking the whites for the many articles that require them, such as eggs lemonade, meringues, kisses, frostings, frozen punches, white cakes, etc., and dropping the yolks into boiling water to poach them for salads and salad dressings, stuffing of boned fowls and other uses.

573—Best Salad Dressing in Small Quantity.

2 hard boiled yolks.
1 raw yolk.
Butter size of an egg.
2 tablespoonfuls of olive oil.
5 tablespoonfuls of vinegar.
Salt, made mustard and cayenne.

Pound the hard boiled yolks and butter together warm, add the raw yolk, the seasonings, oil and vinegar alternately.

574—Three-Cornered Tarts.

To be neat and rich and fit for a party supper these must be made small, baked dry and have a sugar glaze baked on them.

Have some stewed apple ready, thick and with considerable sugar in it—any other kind of jam will do as well—and some puff-paste. Roll the paste to a thin sheet and cut it in 2½ inch squares, that is about the length of a middle finger across.

Put a teaspoonful of jam in the center and fold over so as to make a three-cornered tart. Run the paste jagger along the edges to close them by cutting off a shred, or pinch them together with the fingers. Brush over the tops, after placing in the baking pan, with egg and water and sprinkle granulated sugar upon them. Bake in a slack oven.

575—Paper Cases for Individual Charlottes.

Procure half a dozen sheets of cap or fine book paper, which is like writing paper not ruled, and make a pattern for the paper cases by fitting a band of paper to the outside of a very small tumbler, such as is used for Roman punch, or some similar small shape. The band of paper, when cut to fit, will form a curve. Cut as many such pieces as are needed from the sheets, and then, placing three or four together, cut both top and bottom edges into fringe a quarter of an inch or less in depth. Make some cornstarch paste very stiff, and paste the ends of the bands together, forming cup shapes, then cut around the edges, press the fringed bottom edges of the cups onto the paste, the fringe bent outward, and the shapes are made.

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576 — Strawberry Charlottes in Cases for Fifty.

Having prepared 50 paper cases of about the capacity of very small tumblers, according to the directions in the preceding article; next bake 6 sheets of cake of any kind that is suitable to roll up, or of the following, which is right in quantity for 50 small charlottes.

3 rounded cupfuls of granulated sugar—1½ pounds.

15 eggs

½ cup of water.

4 rounded cupfuls of flour—18 ounces.

Separate the eggs. Beat the yolks, sugar and water rapidly for 10 minutes.

Have the flour weighed or measured ready. Whip the whites perfectly firm. Stir the flour into the beaten yolks and the whipped whites last.

Spread thinly on sheets of blank paper not greased, and bake in a quick oven about 6 minutes.

Careful baking is required, because if dried or burnt the cake will break.

Brush the paper, under side, with water, and it can be pulled off the cake. Should any of the sheets become too dry to roll or bend in spite of care in baking, lay them on top of each other after wetting the paper, and let lie so half an hour.

Cut out the pieces of cake by the same paper pattern the cakes were cut by, but a trifle shorter, and put the lining of cake in the paper cases. No bottom of cake is needed, but little square pieces can be pushed down inside if wished.

A short time before serving fill the charlottes with the cream intended for the purpose.

577—Strawberry Whipped Cream for Fifty.

1 quart of red strawberries.

3 pints of thick sweet cream.

1 pound of sugar—2 cupfuls.

1½ ounces of gelatine—a package.

Cover the fruit with the sugar in a bowl, mash together and rub through a seive.

Dissolve the gelatine in a cup of milk extra, in a small vessel set in a place where it will warm gradually. When the gelatine is dissolved put the cream into a pail or pan, take the large wire egg whisk and whip it to a froth, pour in the gelatine, and continue whipping, with the pan set on ice; then add the strawberry pulp or syrup, and when it is firm enough, and before it is quite set, fill the individual charlottes with it, well piled above the edge.

Cream without fruit, and only flavored with strawberry extract, does not need any gelatine. See No. 313.

578—Indian River Orange Jelly.

12 large red-fleshed oranges.

1½ pints of water—3 cupfuls.

1 pound of sugar.

1 package of gelatine.

1 lemon—juice only.

5 whites of eggs.

Put on the cold water, with everything in it except the oranges, and let heat gradually, with care not to let it burn, as it is very apt to do at first. Pare off the yellow zest of 1 orange and throw that in for flavor, not forgetting the lemon juice, which is essential. Squeeze enough of the oranges that have red meat and juice to make a quart.

When the jelly on the fire has boiled about 15 minutes pour it through the jelly bag and pour the orange juice through immediately after, letting them mix, and run through several times, the object being to filter the orange juice to brightness by passing it through the coagulated white of egg without boiling it. If not of good

color add cochineal. Can be set in molds or served in glasses or cut in diamonds in meringue cups, etc.

Meringue cups for fifty will be made with 15 whites and a pound and three-quarters of sugar.

579—Lemon Butter Drops.

Make the cake mixture No. 442, and drop in round cakes on sheets of paper, dredge with sugar and bake. Spread lemon butter between two placed together.

580—Lemon Butter, or Paste, or Cheesecake, or Lemon Honey.

A world-wide favorite, made of—
1 cupful of sugar—8 ounces.
3 lemons.
Butter, size of an egg—2 ounces.
4 to 6 yolks or 3 whole eggs—not particular.

Cut the sugar, butter, grated rinds and juice into a saucepan and boil, add the yolks and stir until it becomes thick.

581—Whipped Cream Frozen in Glasses.

For a party supper that takes place at a time when the weather is extremely cold, it is easy to freeze glasses of variously flavored creams by only exposing them to the outer air. Otherwise it may be found inconvenient to prepare them in this way because of the large amount of room in the freezing boxes required.

582—Coffee Flavored Whipped Cream Frozen.

1 quart of thick cream.
1 cupful of strong black coffee.
1 cupful of sugar.

Mix these in a tin pail or deep pan and whip with the wire egg-whisk until it is all froth. Pile up in stem glasses, freeze and serve in the same glasses. See No. 581.

583—Maraschino Cream Frozen in Glasses.

1 quart of thick cream.
1 cupful of maraschino liqueur.
½ cupful of sugar.

Whip to a froth with the wire egg-whisk, pile in glasses and freeze. See No. 581.

584—Chocolate Cream Frozen in Glasses.

1 quart of thick cream.
4 ounces of sweet chocolate—a cupful grated.
1 cupful of sugar—8 ounces.
1 cupful of milk.
Vanilla flavoring.

Set the milk over the fire with the sugar and grated chocolate in it and beat until the chocolate is all dissolved, strain it into another vessel and let it cool.

Whip the cream in a pail or pan, set on ice, and add the chocolate milk while whipping. Flavor with vanilla extract. Heap the whipped in stem glasses and freeze as directed in preceding articles.

585—Neapolitan Cake.

Sheets of pound cake mixture baked on jelly-cake pans, a good number of them with jelly spread between, piled high, the cake trimmed and ornamented.

586—White Mountain Cake.

Jelly cake sheets like the foregoing kind, with cake frosting, the same as made for meringues and kisses, spread thickly between the layers and on top. Chopped almonds may be mixed in.

587—Layer Fruit Cake.

Like the preceding, but minced raisins, citron, almonds and currants mixed with the frosting between the layers.

588—Tokay Grape Ice.

5 pints of red Tokay grapes—4 pounds.
3 cupfuls of water.
3 cupfuls of sugar.
1 lemon and 1 orange.
4 whites of eggs.

Select about a fourth of the grapes, to be dropped whole into the ice at last. Scald the rest in a syrup made of the sugar and part of the water, and rub the pulp through a strainer, with the syrup, and pour the remaining water over the skins while pressing. Add the juice, only, of the orange and lemon, freeze in a freezer the usual way, and when nearly done add the whites of eggs whipped firm, also the raw grapes, and finish the freezing.

589—Hickory Nut Ice Cream.

1 pound of hickory-nut kernels.
2 cups of sugar.
1 quart of cream.
2 tablespoonfuls of sugar burnt brown.

Pick over the kernels carefully for pieces of shell, then pound them in a mortar with a little sugar and water added.

Set 2 spoonfuls of sugar over the fire without water and let it melt and brown. Pour in a little water to dissolve it, then add it to the cream with the sugar and nut paste and freeze in the usual manner.

The two foregoing ices may be packed in brick molds in layers, put down and frozen firm.

590—Richest Fruit Cake or Black Cake.

Prepare the fruit first.

2½ pounds of seedless raisins.

2½ pounds of clean dry currants.

1½ pounds of citron, shred fine.

2 ounces of mixed ground spices—cinnamon, cloves, nutmeg and mace.

1 small cupful of burnt sugar coloring.

1 small cupful of reboiled molasses.

1 small cupful of brandy.

1 tablespoonful of extract of lemon.

A small addition of almonds, nuts, candy, or cut figs can be made if wished.

Then mix the cake batter:

14 ounces of sugar.

14 ounces of butter.

10 eggs.

18 ounces of flour.

Mix up same as pound cake; after the flour is all in add the 2 ounces of spice, then the caramel coloring, molasses, brandy and lemon extract. The batter will then be quite thin. Dust the fruit well with flour and mix it in.

Line two cake molds with buttered paper and divide the mixture into them. Set the molds in the middle of a sheet or two of greased paper, gather it up around them and tie with twine, thus wrapping the molds in paper to shield them from too much heat and avoid burning the fruit. Bake from 2 to 2½ hours in a slack oven.

The black cake above should be at least 2 or 3 days old before it is cut. The amount of cake batter only serves to hold the fruit together, but, it ought to be mentioned, the quantity of the pound cake mixture in it may be doubled and all the other ingredients remain the same and it will still be a very rich black cake.

591—Tea for a Large Party.

To make what tea-drinkers call a real good cup of tea takes nearly a teaspoonful of green tea for each cup, or 4 teaspoonfuls to 5 cups of water, the leaves absorbing 1 cup. But then there is a second drawing that brings this out.

Four ounces of tea contain 28 teaspoonfuls or 2 cupfuls, rounded up. Using mixed tea, and allowing time to draw 2 cupfuls of tea, is sufficient to put into 40 cups of water, or a quarter-pound of tea to 2½ gallons of water, which is the same thing in other words.

The best way to make tea for a number is to have the water boiling in an urn and put the tea in a box made of perforated tin and drop it into the water, which must then be stopped from boiling.

592—White Coffee

Is made with coffee that, instead of being browned, is only baked to a slight yellow color and is not ground, or at most the berries are only bruised, and is made with one-half milk and one-half water. It requires twice as much coffee as the ordinary.

For 8 cups take:

2 cupfuls of light baked coffee berries.

4 cupfuls of boiling water.

5 cupfuls of boiling milk.

The berries may have been parched before, but when wanted, heat them over again and throw them hot into the boiling water. Close the lid and let stand to draw for ½ hour, then add the boiling milk through a strainer.

When the milk is first set on to boil, put in a tablespoonful or two of sugar to prevent burning at the bottom. Serve sugar with the coffee as usual, and, if for a party, a spoonful of whipped cream in each cup.

MISCELLANEOUS RECIPES.

593—Icing and Ornamenting Cakes.

Fruit cakes always need two coats of icing. Common glaze or sugar only, melted with white of egg, may do for the first, and if to be very nice, mix some minced almond in it. The first coat will dry in an hour in a warm place.

Cake icing is the same as the star kiss mixture or meringue, at No. 392, only it is surer to beat sugar and whites together in a bowl, and powdered sugar makes the smoothest icing. Put into a deep bowl two whites and a cupful of sugar, which makes a stiff paste, and beat them with a wooden paddle fifteen minutes. Add some flavoring extract. To smooth over the cake cut a strip of writing paper an inch wide and, stretching it between the hands, draw the edge over the top of the cake.

To make a border put some of the icing into a cornet made of writing paper, and pinned. Clip of the point, and the pipe of icing that is pressed out can be laid on the edge of the cake like a braid. Leaves and flowers can be bought ready made.

594—Paper Frills and Rosettes for Cutlets, Etc.

Cut a sheet of note paper into strips two inches wide, and double them lengthwise, to make the width of a knife blade. Cut the double edge into fringe a quarter inch deep. Move the edges of the paper one higher than the other, and the fringe will be bowed out instead of lying flat. Fasten the edge that way with a touch of corn starch paste made very stiff. Then roll the fringed pieces of paper around a pencil and fasten the end with paste—if to be slipped over the ends of frogs' legs; but if for cutlet bones of uncertain size wrap them just before serving, and a touch of the very stiff paste will hold them in place.

595—Potted Lake Herring or Cisco.

Take one dozen small lake herring, cisco or trout, or enough to nearly fill the jar they are to be cooked and kept in, dress and wipe with a dry cloth; strew a little salt in and over them, and let them lie over night; then wipe again with a dry cloth and season with two teaspoonfuls of white pepper, one teaspoonful of ground cloves and a level teaspoonful of cayenne and ground mace together. Then put the fish, with their backs down, in the jar, crowded close together. Melt a sufficient quantity of fresh butter, probably three pounds, and when it has settled pour the clear part over the fish, enough to cover them. Put a greased paper and a lid of some sort on top of the jar, set it in a pan of water and bake it so in a slow oven about four hours. Keep in the same jar, always covered with butter, in a cool place.

596 Curries.

A curry may be described as a brown stew with curry powder added to it.

Cut up a chicken, veal, lamb or whatever is to be curried, and fry the pieces in butter until the outside of them is a very light brown, and while frying sprinkle over a teaspoonful of curry powder. Then put in a minced onion, some salt and a little water or broth, cover with the lid and simmer until the meat is tender. Take the pieces out on a hot dish, pour off the grease from the pan and make gravy in it and thicken in the usual way and pour it over the meat. It is customary to serve dry boiled rice with a curry, and a border to the dish may be made with it and the curry dished in the center.

597—Pressed Corned Beef.

After boiling the corned beef two hours take it out of the water—which will be too salt when reduced to use for jelly—cut in pieces size of eggs and simmer it about two or three hours more, using fresh water if no clear broth is to be had, and only just enough to cover it, that it may stew down rich enough to set in jelly when cold. Pour it into a deep pan when done and push a gravy strainer or colander down into it; the liquor will rise in the strainer, and the fat can be skimmed off. Put a plate on top of the meat after that and a weight, and let it get cold with the jelly in it.

The meat, having been so cut in pieces, will be evenly mixed, the fat with the lean, all through.

Another good way is to roll up streaked pieces and tie with twine. When they are boiled very tender take them on a dish and remove the strings, lay them in a long mold in two layers and press them together with enough of the liquor about to fill up the spaces with jelly.

598—Head Cheese and Brawn.

Much the same as pressed corned beef. The best or the variety called brawn is partly corned before boiling. Where it would take a week in pickle to make salt pork of it, let the head to be made into head cheese lie in it only 2 days. The pickle or brine recipe is at No. 106.

Wash the head and boil it 2 hours. Cool it, take out the bones and cut the meat in pieces. Season it with sage, a little salt, and a good allowance of pepper. Strain the liquor it was first boiled in, put the pieces in again and simmer 2 hours longer. Press in a pan, or else put it into a muslin bag, tie and press in a pan with the liquor surrounding it.

599—Pork Sausage.

Twice as much lean as fat. To 6 pounds of the chopped meat allow a heaping teaspoonful of salt, the same of powdered sage, and a heaping teaspoonful of pepper and a cup of water.

600—Tomato Ketchup.

½ bushel of tomatoes, or 25 pounds.
1 bay leaf.
½ head of garlic.
3 pints of vinegar
½ cupful of salt.
1 tablespoonful of cayenne.
1 ounce of bruised peppercorns.
1 of blades of mace—4 tablespoonfuls.
1 of cloves—same.

Wash the tomatoes and cut out the green part around the stem, cook them at the side of the range in a bright kettle or pan and a lid on, in their own juice and steam for about an hour, and the spices, garlic, bay leaf and pepper with them. Mash them through a colander to remove the skins, then put the pulp through a seive that will not let the seeds go through. Add the vinegar to help it through, for the straining is rather tedious; then boil it down to half. It is difficult to keep it from scorching at the bottom. Use a broad wooden paddle to keep it stirred up with, and make the catsup at a time when a slow fire can be kept for it. Bottle it warm, cork down and seal.

OBSERVATIONS ON TABLE MANNERS.

From the Chicago Herald.

More people receive invitations to dinners and receptions that know how to accept them. At least that is the opinion of a Chicago lady, who, to cancel her social obligations, has entertained very largely during the last year. It is a cruel blow to upper-tendom, and all the more lamentable because of its truth. Overeating and immoderate drinking are the most common forms of bad breeding, and the raven-

ousness with which some of the swells gorge themselves at dinner parties and luncheons would make a cannibal blush. Ladies who look as spiritual as though they lived on dew and sunlight order the entire menu, and afterward gorge themselves with cream and cake, loading their pockets with the fruits and confections which they cannot devour. Precious young men are frequently seen draining the glasses of wine which some waiter has left on the sideboard for half a dozen guests. It is customary for the host to leave a supply of cigars in the gentlemen's room for the pleasure of such guests as may soon find the hasty compliments of the parlor tedious. One such thoughtful host was somewhat nonplussed, on going to the guests' chamber for a quiet smoke with a friend, to find that 300 choice Habanas had been appropriated by the gentlemen who honored him with their company.

Yet all guests are not so boorish, and for the edification of the timorous the following observations are offered: The spirit of social etiquette in olden days consisted in a more marked regard for ostentation and ceremony. Modern hospitality is remarkable for simplicity, avoiding all unnecessary display of plate, raiments, and the manner of entertainment. It is customary to have cards presented to each gentleman signifying the lady who is to have his escort. This saves the ladies a good deal of embarrassment, as it is never proper for her to descend to the dining-room alone, and even though her neglect may result from an oversight, it is none the less an annoyance, which apologies only increase. When dinner is announced the gentleman offers his left arm, when possible, to keep the lady next to the wall. In entering the dining-room, if the door-way is not wide enough for both to pass abreast, the gentleman enters first taking care not to turn his back to his company; but swinging himself in with a graceful bow and offering the other arm. This gives the lady more freedom in managing her train. But on no other occasion should a gentleman precede a lady. The lady of the house should always be escorted to the table by the most honored guest. The gentlemen of the house are the last to enter the room. If the company is small the carving is done by the host. No more difficult task than that of doing the honors gracefully could be imposed. No comments should be made by the guests, and apologies from his wife or daughter are in very poor taste, as well as aggravating.

When the affair is conducted on a grand scale the carving is done by the servant in the pantry, and the table attendants bring in the plates on a silver tray. They also pass round the table with such vegetables or table luxuries as are not served individually. The table is tastefully dressed with flowers and desserts, in which case the cloth is not removed. Great display is never indicative of anything but shoddiness. Good taste suggest simplicity and a harmony of surroundings and circumstances. Insufficiency of light, turning off part of the burners, making the dining-room fire just before the company enter and allowing it to go out before their departure, is certainly a sign of economy, but may be instrumental in giving the host a sordid reputation. The guests who can find no other topics for conversation than passing compliments on the dishes, viands and wines are certainly to be pitied. The lady of the house is supposed to use some tact in leaving the table shortly after the dessert is finished. Some hints given to the ladies at either side are telegraphed down the sides, or it is quite proper for ladies who are in the midst of earnest conversation to follow the first withdrawal as soon as it is politely convenient. Many of the younger gentlemen, and those averse to smoking or the influence of the bowl, retire with the ladies. In that case coffee is served in the parlor earl er than usual. When the majority, with the hostess, retire, all gentlemen rise and remain standing until the last lady has disappeaaed.

Ceremonials differ at different entertainments, but there are some formulæ that are always to be observed. At large dinners soup and fish are never called for a second time. When asked for a choice of cuts the guest should always specify, and when inquiry is made as to whether the light or dark meat of poultry is preferred, a call for both is not strictly elegant, as the great number to be served may exhaust the fowl too soon. If the delighted feaster will avoid the embarrassment of having to leave some course untouched, he will leave the cravings to be satisfied on the dessert.

In serving, the sauces, vegetables and appetizers are brought in on separate dishes, or at least kept distinct, and no cultured person will hurt the taste by mixing them. No plate should be loaded nor should anybody be pressed to try a certain dish or have a new supply. If he is an intelligent individual he best knows how to show deference to his stomach, and if he does not, it is well for him that some one else exercises that civility. While it is often impossible to wait for the entire board to finish a course it is well to delay until your immediate neighbors have finished before sending away the plate. At a small company guests should wait until all are served before beginning to eat, unless otherwise requested by the host. In that case the guest can display the nicety of culture by sipping water, arranging the small table furniture, as the two knives and forks, pepper and salt cruets, wine glasses, water jug, napkin holder, or prepare his food. It is different at a larger affair, where couples begin the course as soon as served. Crackers, cubes of bread and celery are taken with the soup. Celery is a

treacherous vegetable, and unless masticated noiselessly will brand the consumer. Some very polite people never serve it, excepting when chopped up and dressed; then it comes with the entree. If the knives are steel, fish is always eaten with a small fork and a cube of bread, which may be five inches long and one and a half thick. The steel will corrode on touching the fish. But even when plated cutlery is used, the knife is frequently dispensed with.

So much has been said about the vulgarity of eating with the knife that little that is new can be offered here. The knife was certainly intended for cutting purposes, yet a millionaire, who may take precedence in financial circles, is denominated a boor in the society that he thus offends, and inwardly detested by the urbane. But a gentleman is never so much a gentleman as when he has a knife and fork in his hands and knows how to use them. Filling the mouth too full to permit conversation, drinking and eating noisily, staring around the table over the edge of a cup or glass while drinking, blowing hot dishes, pouring tea and coffee in a saucer and getting the hiccoughs are vulgarisms almost intolerable to the refined.

It is often a delicate matter to know just what dishes should be eaten with a fork and spoon. Usually all vegetables are taken to the mouth with a fork, and also as many side dishes as possible. Peas, beans, succotash, curry, creams, ices, puddings, custards and fancy pastry are eaten with a spoon. Pie and melon are always mastered with a fork. The best authority asserts that all articles of diet should be taken from the side of the spoon rather than from the end. And the same judge decrees that the spoon shall be filled by moving it away from the individual rather than toward him.

In eating the lips should always be kept closed. The spoon should be removed from the cup and placed in the saucer before drinking; nor should it be allowed to knock against the side of the cup in stirring. Bread, cake, rolls, etc. should always be broken and kept on the tablecloth near the plate. It is perfectly proper to pick a bone and take corn in the fingers; but care should be used against soiling the mouth and hands. Any disagreeable article that may be found on the plate should be quietly ignored without calling the attention of guests or host. When finished the knife and fork are laid on the plate parallel to one another, with the handles at the right, the spoon placed in the cup and egg-shells crushed on the plate. It is also one of the niceties of refined society that the table be left as neat as possible. Every one is under a social obligation to contribute to the conversation, mirth and congeniality of the table, while the lion should be amiable enough not to monopolize all the attention.

A LONG-FELT WANT

The Need of Good Cooks Especially Observable in the South.

I have had occasion to travel considerably during the past year, and at half the houses I stopped the biscuits were raw at the bottom, and either as heavy as lead or yellow as a pumpkin with soda, while the meat was swimming in grease. Why, it is enough to give a razor-back hog, a sheep-killing dog or a Bengal tiger dyspepsia. And then the coffee—how delectable. What it is made of I have not the slightest idea; but, whatever it is, it has not the slightest kinship to genuine Rio or the deliciously flavored Java. Horace Greeley visited the South soon after the war, and the only criticism his kind heart made was in these memorable words: "The South needs 20,000 cooks." It would not have been prudent for Mr. Greeley to have made a visit to the South before the war, but if he had, and been entertained by 20,000 farmers and planters, he would have said: "The South has 20,000 of the best cooks in the world!" Southerners always educated their daughters, and when these daughters married they made their home attractive in various ways, and especially in the cooking department. They educated negro women in the art of cooking, and allowed them to do nothing else, consequently the cooking was excellent. But the abolition of slavery also abolished good cooking, except as to the negro women who were educated by their mistresses in the culinary art, and the mistresses themselves. I heard a gentleman make a very sensible remark recently, "Vanderbilt, Peabody and Slater have given millions of dollars to the cause of education in the South, and I honor them as great benefactors of our section; but if I had several millions to give away, I would establish all over the South schools in which the act of cooking would be taught. In doing this I would be subserving the cause of morality and religion, as well as of civilization and humanity. Properly-cooked food causes health, and perfect health is conducive to good temper, cheerfulness, kind feeling, efficient and capable work, mental and physical, while badly cooked food produces indigestion; indigestion causes bad health in every part of the human system, fretfulness, hatefulness, discontent, poor mental and physical labor, and renders life a curse to himself and all those around him. A man cannot be a true Christian, in all that means, if he is fed upon badly cooked food all his days. The great need of the country is good cooks and plenty of them. Young ladies should be instructed in the art, both at school and at home. It is time the country was awakening to this great need. A well-to-do parent spends $500 to give his daughter a musical education, and another $5 00

to buy her a piano, and nine chances to one she never plays on it a year after her marriage. If that $1,000 were spent in giving her a practical and theoretical knowledge of cooking, it would be far better for her and infinitely better for her future husband and children." The man who made these remarks is married, and has three beautiful daughters—"hence these tears."—Correspondent Nashville (Tenn.) American.

SOCIETY'S FAVORITE FLORAL GEMS.

There is probably no metropolis in the world, says the New York Star, where the beautiful in flowers is more sought for than in this city, where the society belle would as soon face a water famine as a dearth in the supply of her favorite bouquets, composed of the richest, rarest and most expensive products of the botanical kingdom. According to the statements of a number of the leading florists, there is a wanton extravagance in the fragrant productions of the nursery or hot house, for of late even a private parlor entertainment is considered as nothing if the choicest buds and bouquets are not strewn around in profusion. For the purpose of learning something of the demand for the beauties of the garden, a Star reporter called upon one of the leading florists of the city. That gentleman is of a decided poetic turn of mind, and the moment the subject was mentioned he began by saying:

"Flowers are like children, sir; symbols of love, nature's offspring, and the jewels of God. To be without them would be like life on a barren island. He who loves not flowers cannot love children. Nothing will refine our little ones more than their early introduction to flowers."

"I came rather," said the reporter, "to inquire as to the styles in flowers, their prices, and the demand for them."

"The styles vary like everything else, and what is worn plentifully this week is cast aside the next," said the florist.

"Are there not some flowers that are always in demand?" was asked.

"Yes, you can dispose of pure lilies or large red roses at any time, and like everything else, the scarcer they are of course the dearer they get to be. Let me show you a specimen. Bessie, bring that bouquet ordered by that actress."

The bouquet was a gem, a marvel of artistic skill. In the center was a magnificent lily, surrounded by rosebuds and lilies of the valley.

"Look at that lily," said the botanical scientist, throwing himself into an attitude of extreme admiration. "Is it not a beauty? Tall, stately and almost transparent. Look at those rosebuds. Are they not charming? Oh, it is a pity to think that they must wither and die. That bouquet, sir, is to be presented at the footlights to one of our leading actresses to-night."

"How much does such a bouquet cost?" inquired the reporter.

"A few years ago a gem like that would have cost at least $100. To day I can afford to make it up for $50. You want to know why it is that the prices of flowers have fallen so much. Well, I'll tell you. The secret is that I grow all my flowers right in the rear of these premises. If I was compelled to purchase flowers from any botanist, why of course I could not afford to sell them so cheap. Within the past four or five years all descriptions of flowers have fallen in price."

"I understand you made the first bouquet that was presented to Mrs. Langtry, the Jersey Lily, on her arrival in this country?" said the reporter. "How much did that cost?"

"It cost $150," was the answer. A few years ago it would have sold for $300. There were three large letters in the center resting on a bed of roses. Then there were two borders of smaller lilies of the choicest kind, while the outside border was woven into Mrs. Langtry's name. I think, without exception, it was the most artistic piece of workmanship that ever passed through my hands."

"Might I inquire who presented the bouquet to Mrs. Langtry?"

"It would not be professional to give the name, but it was a very prominent citizen," whispered the florist.

"What do those bouquets the ladies wear on their bosom cost—I mean the choicest?" queried the reporter.

"That depends upon what they are composed of," said the florist. "I have a number of standing orders from some of the richest families uptown to supply them daily with small bouquets, which average from $2 to $5 each. You would be astonished at the quantity of daisies and violets we sell for the same purpose, so that the beauties of the field, which you can gather at will in summer, cannot be bought for less than $5. Apropos of these sentiments, the following lines are expressive of the association of joy and grief just referred to:

Flowers are the gentlest emblem
We wear upon the heart;
With flowers we crown the victor,
The queens of song and art.

With flowers we speed the parting
And greet the coming friend;
Enhanced by every fragrance,
Our friendship's vows we send.

Place flowers upon the bier,
The wreath upon the breast;
Then leave the one we held so dear
Among the flowers to rest.

"Is there any particular flower that is the favorite at this season of the year?" he was asked.

"Yes; here are some jacqueminot roses," he said. "They are the favorites just at present, and are in great demand. The 'Jack' rose is a very delicate creature, and, although I grow, nurse and care for them myself, I cannot possibly sell them under $1 each. Formerly they used to cost as high as $3 and $5 apiece. You have no idea of the immense sums of money that are ex-expended yearly in this city on flowers, and I am free to admit that there is a great extravagance displayed. You can go to the Academy of Music on any gala night and reckon the price of the flowers worn by the thousands of dollars."

"Is there any change in the style of wedding flowers this season?"

"Nothing particular," answered the florist, "except that for weddings floral displays are not at all what they used to be, notwithstanding the great reduction in prices."

"How about funeral supplies?"

"There is a marked falling off in the demand for funeral floral offerings. We make most of our bouquets this winter for street wear, and in my mind there is nothing can compare with a bunch of bright roses for the fair-complexioned: the dark jacqueminot for the brunette. Then you have the Marshal Neil, the mermaid and the beautiful Malmaison, and the simple, but magnificent, pearl defan—all of which cost from $1 to $10."

CURIOSITIES OF OLD COOK BOOKS.

One thing that it is perfectly plain to be seen is that there has always been an insurmountable difficulty in finding suitable names for the cook's dishes after they were made, and, bad as the corrupted French terms are which constitute the modern absurdities of bills of fare, could some experienced gourmand of a hundred years ago awake, like Rip Van Winkle, and go about to break his fast at the public eating houses he could be just as unintelligible while employing only the terms that were in common use among the housewives of his youthful days. He would not, perhaps, call for "an Indian devil," that not being a strictly uncommon article, although he would have the satisfaction of seeing this one served up on toast, for it is a piece of meat made red hot with chutney, cayenne and walnut ketchup; nor "a wet devil," which is not necessarily as mad as the traditional wet hen, for it is only a broil with a hot and peppery sauce poured over it; or "a dry devil," a very proper and orthodox affair beautifully grilled over the coals, without a drop of moisture other than hot butter to bathe in. These three were well known to the novelists of our grandfather's time. But he might call for "dumpokht," a dish of stuffed kid mentioned in the Arabian Nights, but modernized to mean a hare cooked with almonds and raisins, or "mumbled rabbits," which is minced rabbit meat stirred with eggs over the fire like scrambled brains; or some "kedgeree," a mixture of minced cold meat, hard boiled eggs and cooked rice all scrambled together over the fire, and different from "salmagundi," because the latter consists of minced meat, tongue and eggs served cold and ornamentally, which he might have in place of a salad, or even an "Indian kabob," which no one would pretend was a thing in too common demand, althought it is only a skewer full of little mutton steaks with sliced apples strung on between each one, seasoned with turmeric and cayenne, fried in butter and served with rice. "Kebobbed mutton" would take more time and trouble to prepare, as it needs roasting, being a loin sliced down to the bone and stuffing inserted in the cuts, but if, when they had kebobbed it, it had not been kebobbed enough, he could send it back and make them kebob it some more.

As for vegetables, he might demand "fregahead greens" that are shut in a saucepan with batter and onions, and cooked so without water, and bread different from other people's would have been "fadge," a sort of graham flour short-cake without any "rising" in it, baked in a skillet on top of the stove.

A number of bills of fare might thus be made up of articles that would have a tendency to drive the restaurant men to the verge of distraction, as they understand scarcely anything but French. At one time it might be "pereque turkey," not like the common, with cranberry sauce, but stuck full of truffles, steeped in wine over night and roasted next day; "a pupton of pigeons," a sort of pie, or rather a "terrine" of pigeons, having bread stuffing for the bottom and top crust; "a dunelem of veal," minced veal and mushrooms in brown gravy, on toast; "podories of beef," which are fried patties with beef filling; "gobbets of beef," stewed beef thickened with vegetables and rice; "sansartees mutton," curry of mutton on skewers, or "bobotee;" another curry of meat and almonds baked. "China chilo" might be referred to the editor of the new Chinese newspaper, to see if it be genuine Chinese. It has the predominant L in it anyway, and besides that is made of minced mutton, onions, lettuce and green peas simmered together and served in a border of rice. For sauces and relishes there are "aristocratique sauce," a mixture of walnut ketchup and port wine, and "ballachony," made of pounded shrimps, ginger and onions.

That fine cook, good old Mrs. Adjective, has left us an entirely different assortment, among which "disguised love," a calf's head coated an inch thick outside with stuffing and then baked, if not more misleading than "bombarded veal," which, so far from meaning a cannonaded calf, is but stuffed veal cut like kebobbed mutton and boiled spinach crammed into the gaps, then baked with paste over the dish, or "surprised

rabbits," which are, in fact, surprised at nothing, although the diners, may be, finding the meat of the rabbits has been removed, reduced to a paste and seasoned, and plastered on the carcass again in the original form and then browned. "Turkey in a hurry" in this case has no reference to a turkey traveling across lots just before Thanksgiving, nor has "pulled turkey" the meaning that seems so obvious after the bird has been caught. On the contrary, they were regularly finished dishes that might be called for at any public house, just like "jugged hare," a hare cut up and cooked by baking in a jar closely covered, or "snipes in surtout," baked in a pie like a pupton of pigeons, with the crust of bread stuffing.

"Cropped heads," "green caps" and "light wigs," if they were inquired for at any of our bon-ton restaurants would probably lead to the inquirer being carried to a barber's shop, but it was not always thus. Cropped heads are stuffed haddock's heads, breaded and fried; green caps are greening apples, carefully baked and a cap of frosting placed on top, and light wigs are light batter cakes; we call them "flannel cakes," but they had the old name when white powdered wigs were worn. "Cats' tongues" were eaten then as now. They are, however, only a variety of the cakes called lady fingers. Our lady of the bombarded veal exhibits the ruling passion to the last, and gives us "a grateful pudding" for a benediction. Still, as one can be sure of nothing in the names, this may mean only that it will be a grate full if thrown into the fire. For "a Scotch woodcock" might be bought at any season without reference to the laws for the protection of game, it being as innocent of meat as a Welsh rabbit, being, in fact, a pile of anchovy toast with cream sauce poured over it, as far from the thing hinted at as a Devonshire squab pie, which has not the slightest relationship to a pie of young pigeons. "Between two stools we come to the ground," says the old proverb. In this manner we have not now a distinctive name for a custard pie. It is bad enough for the common comprehension for the French to call it a "flan," but not a whit more strange than the old English name "downset," and while calling everything a cream, even fried cream and cream fritters, we have forgotten the old word "fraze," belonging especially to articles like almond porridge, to be cut when cold and fried, and if placed in fan-like order in a dish called "palm-tree pudding." Not that the names of puddings were always intelligible, for, while a reason may be found for "quaking pudding," seeing that it consists of custard, boiled in a mold, and is quite shaky on its foundations, it is not so clear why "fun pudding" should be named so. It is a dish of sliced apples, with jam on top, and an arrowroot custard to fill up, and baked. It must be guessed where the fun comes in. Perhaps it is with the "Jersey wonders," which, like other wonders, as a prominent actress is showing, will never cease, although they may have new names. These are crullers, or fried cakes. Speaking of names, however, "Michael Angelo pudding" is quite an imposing designation, and, when it is desired to know what sort of pudding that great man delighted in it is found to be a cheese cake made of cream and baked in a dish lined with fine bread crumbs, and a Milton pudding is a rich brandy custard with sponge cake crumbled in it and boiled in a mold, which, it is to be hoped, does not tend to scandalize the blind poet; and "Hannah More's pudding" is a delicate sort of plum pudding like that one still known as "Eve's. "Polka pudding" is quite a modern affair and quite interesting, it being a hollowed-out sponge cake filled with ice-cream, the top put on, brandy put over and set on fire, in which blazing condition it is waltzed into the dining-room, followed very naturally by "polonaise cake," and, for fear these should not please every guest, there is another pudding of the lemon cream pie sort that has not a word to its name but general satisfaction."

TOOTHPICKS.

Imagine a lady in faultless attire, handsome and admirable, with a toothpick in her mouth. The spectacle is not pleasing. Or imagine a dinner party, the last course of which consists of toothpicks handed around by the waiters and then applied by the whole company. The sight is perfectly unpleasant. Every civilized man, woman and child has the right to use a toothpick, but have they the right to use toothpicks to the discomfort of others? And to fine organizations the visible use of the toothpick is a source of disgust. A man who uses a toothpick in public shows either that he is not aware of the annoyance which he gives to others or he defies good manners and prefers to be set down indelicate and gross. The same rule applies with double force to woman, for women are the natural and conventional guardians of good manners. When sensible men are in doubt on a matter of politeness or propriety they consult a lady. What, then, can be said of a lady who carries a toothpick in her mouth? She might as well rinse her mouth or brush her teeth in public.

The truth is that the associations of a toothpick are necessarily indelicate, for the toothpick reminds one of bad teeth or food particles held in the wrong place. The toothpick is, therefore, a toilet article, and ranks with the toothbrush, the nail cleaner or the earspoon. These articles have to be used, but not in public. Every hand is marred by unclean finger-nails, but the nails ought not to be cleaned in public. Nor should teeth be brushed or picked in public. In hotel lobbies there are always men—not really gentlemen—and, alas! occasionally women, with a toothpick in their mouth. Quite likely these same persons eat with their knives and cut their finger-nails at the dinner table. But in this matter their example is not commendable.

"WHAT SHALL WE HAVE FOR DINNER?"

HERALD COOKING SCHOOL
MENUS.

MENU No. I.—DINNER. Page 5.

New England Boiled Corned Beef.
Boiled Salt Pork.
Potatoes. Turnips. Beets. Parsnips.
Carrots. Onions. Cabbage.

Apple Dumplings Cooked in Sauce.
Tapioca Jelly with Cream.
Sugar Cakes.

MENU No. II.—SUPPER. Page 7.

Cracked Wheat. Mush and Milk.
Rechauffe of Beef, Veal or Mutton.
Dish of Cold Meat. Potato Salad.
French Rolls and Butter.
Stewed Fruit.

MENU No. IV.—DINNER. Page 11.

SOUP.
Celery Cream.

FISH.
Boiled Salmon Steak.
Hollandaise Potatoes.

REMOVE.
Roast Chicken Stuffed with Oysters.
Asparagus on Toast.

ENTREES.
Sweetbreads Sautes in Butter.
Macaroni and Cheese, Bechamel.

ROMAN PUNCH.

GAME.
Mallard Duck, Apple Sauce
Celery Salad.

SWEETS AND DESSERT.
Queen Fritters, Transparent Sauce.
White Cocoanut Pie.
Coffee Ice Cream. Sliced Pears in Syrup.
Almonds. Jelly Cake. Raisins.

MENU No. III.—BREAKFAST. Page 9.

Braized Beef Rolls and Mashed Potatoes.
Corn Mock Oysters.
Graham Muffins. Rice Batter Cakes.
Doughnuts. Ginger Snaps.

MENU No. VI.—RECEPTION. Page 17.

Bouillon.
Chicken Cutlets.
Small Potato Croquettes.
Lobster Salad.
Napoleon Pastry. Macaroon Cake.
Frothed Jelly in Glasses.
White Citron Cake. Orange Ice.
Fruit.
Coffee. Tea.

MENU VII.—GENTLEMEN'S SUPPER. Page 20.

Broiled Porter-house Steak.
Fresh Mushrooms. Frizzed Potatoes
Oyster Omelet. Welsh Rarebit.
Turkey Salad.
Macaroon Tarts. Nesselrode Ice Cream.
Pound Cake. Crackers. Cheese.

MENU No. VIII.—BREAKFAST. Page 24.

Stewed Chicken with Egg Dumplings.
Codfish Balls. Steamed Brown Bread.
Bread Batter Cakes. Crullers.

MENU No. IX.—LUNCHEON. Page 26.

Brook Trout in Cases.
English Brown Bread.
Boned Ducks with Jelly.
Olives. Pickles. Slaw.
Orange Transparent Tarts.
Fruit.

MENU V.—TEA. Page 15.

Lamb Cutlets and Toast.
Shrimp Salad. Minced Potatoes
French Rusks. Cranberry Sauce.

MENU No. X.—DINNER. Page 28.

SOUP.
Scotch Barley.
FISH.
Baked Mackinaw Trout.
Mashed Potatoes.
REMOVE.
Boiled Leg of Mutton, Caper Sauce.
Kentucky Corn Pudding.
Radish Greens.
PASTRY AND DESSERT.
Boiled Suet Pudding, Wine Sauce.
Lemon Pie.
Scotch Seed Cake. Cream Cheese.
Cornstarch Blanc Mange.
Cider. Buttermilk.

MISCELLANEOUS RECIPES. Page 29.

Corned Beef Brine.
Potato Yeast.
Dry Yeast Cakes.
Cream Cheese.
Sour Milk Cheese or Smearkase.
Pickles, Various.
Home-made Vinegar.

MENU No. XI.—DINNER. Page 31.

SOUP.
Consomme Royal.
Lettuce. Bermuda Tomatoes.
FISH.
Broiled Shad, Maitre d'Hotel.
Potatoes Francaise.
REMOVE.
Roast Ham and Spinach.
Parsnip Fritters.
ENTREE.
Baked Celery and Cheese, Italienne.
SWEETS AND DESSERT.
Birdsnest Pudding with Sweet Cream.
Lemon Pie.
Boston Cream Cakes.

MENU No. XIII.—DINNER. Page 35.

Calf's Head Soup.

Forced Cucumbers. Lettuce.

Broiled Salmon Steak.
New Potatoes.

Roast Rib Ends of Beef.
Yorkshire Pudding.

Calf's Head Breaded.
Stewed Oyster Plant.

Lemon Cream Pie. Strawberry Meringue.
Small Sponge Cakes. Frozen Custard.
Cocoanut Candy.

MENU No. XIV.—DINNER. Page 37.

SOUP.
Mock Turtle with Quenelles.

Small Patties, au Salpicon.

FISH.
Baked Whitefish. Tartar Sauce.
Dauphine Potatoes.
REMOVE.
Roast Beef.
ENTREES.
Croquettes of Brains.
Calf's Head, Vinaigrette.
Banana Fritters.
VEGETABLES.
Browned Parsnips. String Beans.
Potatoes in Cream.
PASTRY AND DESSERT.
Boiled Plum Pudding, Brandy Sauce
Rhubarb Pie. Chocolate Cream Tarts.
Tutti-Frutti. Jelly Roll.
Nuts. Raisins. Figs.

MENU No. XV.—DINNER. Page 40.

Mutton Stew with Vegetables.
Buttermilk Biscuits.
Baked Rice and Milk Pudding.

MENU No. XII.—DINNER. Page 33.

Consomme Sevigne.

Boiled Red Snapper, Shrimp Sauce.
Duchesse Potatoes

Roast Lamb, Mint Sauce.
New Green Peas. Browned Potatoes.

Bread Custard Pudding.

Cheese. Fruit.

MENU No. XVI.—DINNER. Page 41.

Onion Soup.

Breast of Mutton Boiled or Fried.
Mashed Rutabagas.

Lettuce Salad.

Boiled Cornmeal Pudding with Sauce.
Hot Water Ginger Cake.

MENU No. XVII.—DINNER. Page 41.

Scotch Collops in Demi-glaze.
Roasted Onions.

Hot Slaw.

Boiled Molasses Roll.
Milk. Fruit.

MENU No. XVIII.—DINNER. Page 42.

Beef Pot Pie.
Boiled Potatoes. Light Dumplings.

Boiled Cornstarch Puddiug.
Stewed Apples.

MENU No. XIX.—DINNER. Page 43.

Beef Heart Stuffed and Baked.
Boiled Navy Beans.
Washington Pie.

MENU No. XX.—DINNER. Page 43.

Potato Cream Soup.

Boiled Pickerel with Green Peas.

Stuffed Brisket of Veal.
Summer Squash.

Steamed Cherry Pudding, Hard Sauce.
Lemon Pie. Cake.
Ice Cream.
Cheese. Raisins. Nuts.

MENU No. XXI.—DINNER. Page 45.

Cauliflower Cream Soup.

Bluefish Stuffed and Baked.

Pigeon or Squab Pie.
Stewed Tomatoes.

Floating Island.
Frozen Strawberry Punch.
Italian Cakes.

MENU No. XXIII.—BREAKFAST. Page 47.

Eels Breaded and Fried.
Saratoga Potatoes.
Broiled Liver and Bacon.
Corn Batter Cakes.
Fried Mush. Wheat Muffins.
Chocolate.

MENU No. XXII.—SUPPER. Page 46.

Cornmeal Mush and Milk.
Broiled Liver. Smoked Haddock.
Vienna Rolls. Baked Apples.
Sponge Gingerbread. Cookies.

MENU No. XXV.—TEA. Page 50.

Salt Mackerel Boiled or Broiled.
Potted Veal.
Calf's Liver, a la Brochette.
Cauliflower Salad.
Sally Lunn Tea Cakes. Small Charlottes.

MENU No. XXIV.—DINNER. Page 49.

Tomato Soup.

Fried Bass with Bacon.
Mashed Potatoes.

Boiled Beef, Horseradish Sauce.
Cauliflower in Cream.

Larded Liver with Onions.
Egg Plant Fried Plain.
Macaroni and Tomatoes.
Spanish Puff Fritters.

Baked Indian Pudding.
Sliced Apple Pie. Small Cream Cakes.
Lemon Sherbet.

MENU No. XXVI.—RECEPTION. Page 52.

Consomme aux Petits Pois.

Chicken Patties.

Frogs' Saddles on Toast.
Stewed Corn and Tomatoes.
Fried Macaroni, Genoise.

Cold Roast Ham.
Egg Salad.

Cream Puffs. Grape Ice.
Glazed Eclairs. White Sponge Cake.
Chocolate Kisses.
Neapolitan Ice Cream.

MENU No. XXVII.—GENTLEMEN'S SUPPER. Page 55.

Clams on the Half Shell.

Andalusian Soup.

Broiled Pompano, Tartar Sauce.
Spanish Stew.
Mashed Potatoes in Form.
Crab Salad.

Rum Omelet.
Charlotte Russe.
Cheese. Fruits. Nuts. Coffee.

MENU No. XXVIII.—GENTLEMEN'S SUPPER. Page 57.

Oyster Soup.

Boiled Middle Cut of Salmon.
Potato Boulettes.

Double Tenderloin Steaks.
Egg Plant Fried in Batter.

Pain de Foie-Gras. Lobster Salad.

Frozen Maraschino Punch.
Bavarian Cream. Pound Fruit Cake.

MENU No. XXIX.—BREAKFAST. Page 59.

Oatmeal Mush and Milk.
[Spring Chicken, Maryland Style.
Poached Eggs.
Fried Sweet Potatoes.
Fried Apples.
Boston Baked Beans.
Boston Brown Bread.
Buckwheat Cakes. Jumbles.

MENU No. XXX.—LUNCHEON. Page 61.

Consomme aux Pates d'Italie.

Lobster in the Shell.
Celery.

Croustades of Chicken.
Rissoles of Macaroni.
Boned Tnrkey.
Oyster Salad.

Cheese Curd Puffs.
Charlotte Russe. White Lady Fingers.
Orange Honey Tartlets.

MISCELLANEOUS RECIPES. Page 63

About Whipped Cream.
Bavarian Cream, Best.
About Puff Paste.
About Savory Jelly.
To make Aspic Jelly.

MENU No. XXXI.—DINNER. Page 65.

Bean Soup.

Salt Whitefish, Egg Sauce.

Veal and Oyster Pie.
Boiled Hominy.

Indian Pudding.
Squash Pie. Pumpkin Butter.

MENU No. XXXII.—TEA. Page 66.

Chicken or Turkey Sausage.
Grape Sweet Pickles.
Chipped Beef in Cream.
Butter Rolls or Tea Cakes.
Butter Sponge Cake. Apple Jelly.

MENU No. XXXIII.—GENTLEMEN'S SUPPER. Page 67.

Mutton Chops.
Broiled Kidneys.
Broiled Potatoes.
Prawns in Butter. French Peas.
Sweet Omelet with Jelly.
Cheese Cakes.

MENU No. XXXVI.—DINNER. Page 70.

SOUP.

Puree of Beans with Crusts

FISH.

Boiled Codfish, Oyster Sauce.
Potatoes.

REMOVE.

Roast Turkey, Cranberry Sauce.
Browned Sweet Potatoes.

ENTREES.

Ragout of Sweetbreads and Mushrooms.
Stuffed Onions.

PASTRY AND DESSERT.

Indian Fruit Pudding.
Mince Pie. Pumpkin Custard. Cakes.
Cheese. Fruit.

MENU No. XXXIV.—BREAKFAST. Page 69.

Fruit Salad.
Fried Oysters.
Calf's Liver and Bacon in Gravy.
Corn Bread. Hominy Grits.
Baked Bananas.

MENU No. XXXV.—LUNCHEON. Page 70.

Beef Soup, Anglaise.

Oyster Pie, Individual.
Potatoes Baked in Milk.

Corned Beef in Aspic Jelly.
Tomatoes in Mayonaise.
Apple Souffle. Wafer Gingerbread.

MENU No. XXXVIII.—RECEPTION. Page 75.

Potage aux Amandes.

Olives. Minced Celery. Cress.

Fillets of Trout, Italienne.
Scalloped Oysters in Shells.
Potatoes in Mold.

Reed Birds Roasted.
Rissoles of Partridge.
Stewed Celery.

Fillets of Turkey, Mayonaise. Salad.

Snow Cake and Fairy Butter.
Pineapple in Liqueur.
Meringue Shells Filled with Jellies.
Apricot Ice. Macaroons.
Wedding Cake. Fruits. Water Crackers.
Tea. Fromage de Brie. Coffee.

MENU No. XLI.—BREAKFAST. Page 85.

Florida Oranges.
Fried Chicken.
Terrapin Baked or Stewed.
Water Cress Salad.
Hominy Cake. Cornmeal Muffins.
Apoicot Marmalade.
Omelet Soufflee.

MENU No. XL.—BANQUET. Page 80.

Raw Oysters on Shell.

Cold Slaw. Olives. Winter Salad.

SOUPS.

Consomme Julienne. Potage a la Reine.
Small Patties.

FISH.

Baked Sturgeon, Anchovy Sauce.
Potato Crulls.

REMOVES.

Boiled Corned Tongue, Caper Sauce.
Turkey Stuffed with Chestnuts.
Roast Fillet of Beef with Mushrooms.

ENTREES.

Stewed Lamb with Tomatoes.
Spaghetti and Cheese.
Larded Sweetbreads.

VEGETABLES.

Oyster Plant Croquettes.
Baked Winter Squash.
Mashed Parsnips.

RUSSIAN TEA PUNCH.

GAME.

Roast Partridge with Cress.
Dressed Crab. Lettuce Salad.

PASTRY AND DESSERT.

Custard Fritters Glazed au Curacoa.
Lemon Mince Patties. Rhubarb Tarts.
Frozen Fig Pudding.
Naples Biscuits. Angel Food. Fruit Cake.
Frosted Grapes.
Brie, Neufchatel, Camembert Cheese.
Crackers. Fruits. Nuts.
Coffee.

MENU No. XXXVII—TEA. Page 74.

Browned Oysters.
Chipped Beef in Butter. Chow Chow.
St. Charles Corn Bread.
Compote of Apples. Sponge Cake.

MENU No. XXXIX.—SUPPER. Page 78.

Stewed Oysters.
Pickles. Shred Cabbage. Crackers.

Fried Smelts.
Parisian Potatoes.

Teal Ducks Broiled, Orange Sauce.
String Beans, French Dressed.
Fried Hominy Cakes.

Chicken Salad.

Apple Shortcake. Grapes Glazed with Sugar.

ENU No. XLII.—LUNCHEON. Page 87.

Cream of Terrapin Soup.

Truffled Oysters. Stuffed Oysters Broiled.
Potted Ham. Sandwich Rolls.

Claret Cup.

Galantine with Truffles.
Pickled Mangoes.

Chocolate Layer Cake. Delicate Cake.
Frosted Oranges.

MENU No. XLIII.—DINNER. Page 90.

Vegetable Soup.

Soft Shell Crabs Boiled.

Boiled Bacon and Cabbage.
Larded Fillet of Beef.
Stuffed Tomatoes.

Chicken Croquettes with Butter Gravy.
Terrapin Vol-au-Vent.
Stewed Cucumbers.

ANGELICA PUNCH.

Roast Grouse with Cress.

Fine Hominy Pudding.
Banana Pie. Cake.
Cheese. Fruits. Nuts. Coffee.

MENU No. XLIV.—DINNER. Page 93.

Split Peas Soup.

Boiled Rabbit and Salt Pork.
Roast Sucking Pig, Apple Sauce.
Seakale. Potatoes.

Tapioca Pudding. Plain Apple Pie.
Rice Cup Custard.
Cake. Fruit.

MENU No. XLV.—SUPPER. Page 94.

Old Fashioned Family Beefsteak.
Baked Yams.
Shrimp Toast. German Apple Cake.
Molasses Fruit Cake. Peach Butter.

MENU No XLVI.—BREAKFAST. Page 95.

Stewed Rabbit.
Hamburgh Steak.
Lyonaise Potatoes.
Omelet with Onions and Parsley.
Yeast Raised Batter Cakes.

MENU No. XLVII.—BUSINESS LUNCH. Page 96.

Ox Tail Soup.
Oysters and Macaroni, Milanaise.
Broiled Guinea Fowl. Chicken Pie
Fried Potatoes.
Cider Punch.

MENU No. XLVIII.—CHURCH FESTIVAL. Page 97.

Oyster Stew for Fifty.
Fried Oysters (Without Eggs.)
Clam Chowder.
Clam Fritters (Without Eggs.)
Boiled Ham.
Baking Powder Biscuits.
Ham Sandwiches.
Sweet Buns (Without Eggs.)
Meringue Cakes.
Strawberry Shortcake.
German Coffee Cake. German Sugar Tops.
Coffee for a Festival.
Ice Cream and Strawberries.

MENU No. XLIX.—BREAKFAST. Page 101.

Fresh Strawberries.

Soft Shell Crabs, Fried.

Breaded Veal Cutlets, Broiled.
Sauteed Sweet Potatoes.

Frog's Legs Fricasseed.
Tongue Toast.

Potted Tongue. Ham and Eggs.
Rice Croquettes with Jelly.
Finest Breakfast Rolls.
Waffles.
Buttermilk. Batter Cakes.

MENU No. L.—DINNER. Page 102.

Clams on the Half Shell.
Florida Tomatoes.

SOUP.

Terrapin.

FISH.

Sea Bass Stuffed and Baked.
Potatoes.

REMOVES.

Roast Leg of Mutton.
Roast Green Goose.

ENTREES.

Lambs' Tongues with Artichokes.
Supreme of Fowl with Asparagus.
Scrambled Brains in Patties.

VEGETABLES.

New Potatoes, Maitre d'Hotel.
Stewed Butter Beans.
Artichokes in Sauce.

PASTRY AND DESSERT.

Rice Custard Pudding.
Red Cherry Ice. Raspberry Tart.
Queen Cakes.
Cheese. Fruit. Coffee.

MENU No. LI.—TEA. Page 105.

Deviled Crabs.
Buttered Toast. Rice Waffles.
Country Pancakes.
Peaches and Cream.

MISCELLANEOUS RECIPES. Page 110.

Icing and Ornamenting Cakes.
Paper Frills and Rosettes for Cutlets.
Potted Lake Herring or Cisco.
Curries.
Pressed Corned Beef.
Head Cheese and Brawn.
Pork Sausage.
Tomato Catsup.

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Egg Lemonade for Fifty.
Catawba Cup. Plain Lemonade.

Boned Turkey Decorated with Jelly.
Sandwiches of Potted Rabbit.
Sandwiches of Potted Quail.
Chicken Salad. Smoked Tongue.

Three Cornered Tarts.
Strawberry Charlottes in Cases.
Strawberry Whipped Cream.
Indian River Orange Jelly.
Lemon Honey Drops.
Whipped Cream Frozen in Glasses.
Maraschino, Chocolate and Coffee Creams.
Neapolitan Cake.
White Mountain Cake
Layer Fruit Cake.
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THE HOTEL BOOK

OF

BREADS AND CAKES.

FRENCH, VIENNA, PARKER HOUSE AND OTHER ROLLS, MUFFINS, WAFFLES, TEA CAKES; STOCK YEAST, AND FERMENT; YEAST-RAISED CAKES, ETC., ETC., AS MADE IN THE BEST HOTELS AND RESTAURANTS.

BEING A PART OF THE

"OVEN AND RANGE" SERIES.

BY

JESSUP WHITEHEAD.

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THE HOTEL BOOK OF BREADS.

All the Mystery that Pertains to Yeast.

511.

Stout Party: "What delicious bread you have Who is your baker?"

Brillat-Savarin: "Limet, in Rue de Richelieu He supplies the royal family; but I send there because it is near, and continue doing so because I have proclaimed him to be the first bread-maker in the world"

Stout Party: "I must take a note of his address I am a great eater of bread, and with such ro ls as those I could almost dispense with everything else."

It is one of the most natural occurences in the world, when traveling hotel patrons stop at a good hotel—no matter what the rate per day if situated in the midst of the land of sweet butter—and find on the table hot rolls that are remarkably light, well-baked, well-shaped, thin-crusted, soft, white, sweet, fine-grained, delicious and just splendid; so that they think they "could almost dispense with everything else;" for them to ask somebody as a special favor to procure them the receipt to make them by. But, more's the pity, they seldom derive any benefit from the reply; not only because the ingredients are but seldom weighed or measured, and the pastry cook may be unable and unwilling to supply the information, but because in the nature of the case the receipt is but a small part of a little system of bread-making that has to be faithfully followed from small beginnings to great results, if uniformly fine rolls and bread are to be produced; and that little system is yet so large that it cannot be explained quite all in a minute. Happily however, bread-making is not a very complicated affair compared with other branches of cookery where each new article may require a different method, but this once learned becomes little more than a matter of routine. The first step is making the yeast.

Common Yeast, or Baker's Ferment.

512.

About 24 potatoes.
2 pounds of flour.
4 ounces of sugar.
1 quart of stock yeast.

Wash the potatoes thoroughly, using a brush for the purpose, and boil them in a kettle of water When done pour off what remains of the dark water and fill up again with fresh. When that boils turn out potatoes and boiling water on to the flour in a large pan and mash all to a smooth paste. Throw in the sugar. Thin down with ice water till like thick cream. Set the large colander oyer your 6-gallon stone jar (just fresh scalded out) and strain the yeast into it. When it is no more than about milk warm mix in the stock or other yeast to start it. Let stand in a moderately warm place, undisturbed, for from 12 to 24 hours—according to weather, activity, and need of using It will then be ready for use, and should be kept cold.

Not much in that; yet it was once the subject of an English patent. Somewhere between 1825 and 1835. And in the days of our daddies was kept a profound secret and termed patent yeast, London yeast, and patent London potato yeast, long after the patent had expired. Now it is used in almost every household where bread is made.

To avoid sourness in this ferment it is quite essential that the flour be well scalded, which is the reason for filling up the kettle the second time to have plenty of boiling water to pour over it along with the potatoes.

Ought not the potatoes be pared?

Yes, they ought to be. In nice little hotels kept by ladies they are pared and the eyes scooped out. All the bakers will do that way when the millennium comes. At present the bakers have a sort of superstition that the potato skins make the yeast stronger, and if it should fail to be good would be sure to lay the blame to the paring of the potatoes. However, they are obliged to wash them very clean, and if they did not pour off the first water they are boiled in, its blackness would injure their bread.

There is no salt in the receipt. Ought not salt be added?

It need not be. It seems about all the private house authorities add salt. The baker's superstitions all are against it. Most bakers will not put salt in their first sponge. Salt in yeast probably does no harm; it certainly does no good. This little book teaches to make bread with such ease, certainty, and indifference to trifles that you will be at liberty to do either way without impairing success.

Not so with sugar. It has a chemical effect that is very observable. People can go on for years making good bread without, but they never discover how quick and strong yeast can be until they try the sugar experiment.

513.

But there is stock yeast mentioned. Where are we to get that?

By all means make your own if you have to make bread constantly and regularly, no matter in what quantity, for stock can be made either by the barrel or bottleful, and needs be made only once a month, because stock is not put into bread direct, but only used to make the common yeast or ferment.

It costs only the trouble of making, the materials being almost too trifling in expense to count. Of course you can shuffle along without. Some hotel pastry cooks do so all their lives, never knowing how to make stock. But then they are always dependent, begging from those who are unwilling to

give or sell it. Or else they use ferment to start with over and over again, and it carries the germs of acetic fermentation, or seeds of sourness all the time; it is weak and makes rotten dough, while with stock used to start with every time, or at least alternately, it is the most difficult thing to make dough or bread become sour, even if you were to try it.

Some who go on using the lifeless ferment made with ferment for years, blaming the flour and the luck, are astonished after all to find yeast made with perfect stock turning out rolls and loaves twice as large and twice as good as ever they had known them before.

Stock yeast is the foundation corner stone of a trade. The receipt for making it is never published. It is too valuable to be spread broadcast in a newspaper, yet some way will be indicated at the end of this book by which those who really need it my obtain the desired information.

But if no stock yeast, what then?

A quart or more of good ferment from the shop of a good baker is the best substitute. Next to that is dry hop yeast in cakes, (they are made from stock yeast) not good f r making bread direct because of their taste, perceptible to all persons critical about their bread, but good to start ferment along with sugar. Use a liberal amount—about 6 cakes to each gallon of ferment made. Make a new start that way about once a month and use ferment for starting at other times.

There are no hops. Don't you use hops in making yeast?

Yes, in all cases where no stock can be had, tie up 4 ounces of hops in a piece of muslin, boil them with the potatoes in the second water, and press out the liquor through the colander when straining the yeast Hops are not needed with stock for starting, as that is already bitter with them.

The baker or pastry cook who makes perfect yeast is naturally reluctant to take chances on other people's on making a new commencement, and will prefer to take along his own in the following easy and reliable manner.

---

514. Dry Hop Yeast.

1 pint of strong, thick, stock yeast.
1 pint of fresh ferment.
1 pound of corn meal.
1 pound of flour.
2 tablespoonfuls of sugar.

By thick stock is meant some that is not watered down to the common point of using, but left with more consistence for this purpose.

Mix all together to a stiff dough, without kneading. Cut out in suitable cakes and dry them in a cool place as quickly as possible, turning over frequently. If covered with meal and dried under a slight pressure of board and weight till so much of the moisture is expelled that they cannot ferment, these cakes will be as free from breakage as the dry yeast of the stores. Either way they will be found very strong and ready both for bread or yeast making.

515.

A brand of dry yeast with a German name that is sold in tin-foil packages, is made as above with starch and flour. The starch absorbs more moisture—takes up more yeast.

There are then several kinds of yeast. Of compressed yeast, the all in all and first necessity with many bakers, this little book will not have much to say. It is neither better nor worse than that we make ourselves Its one merit is that it saves the trouble of making either stock or ferment. In the largest hotels which have bakeries attached it is used and, saving labor, is as cheap as any. But it has to be purchased, and in the ordinary hotel and boarding house, after a month or two, the question invariably comes:

"Can't you make your own yeast? So and so does, and they have splendid bread."

Then the cook or pastry makes his own, and rather liking the independence it gives him, and not caring to change methods every month, the practice of using home-made yeast becomes the hotel rule.

All ignorant imaginings of luck, chance, water-witchery, mystery, hidden knowledge, moon's age and the like having to do with fermentation should, one would think, have been banished long before this; but such is not the case, as we are often reminded seeing how easily even some old hands will give up trying under the least stress of accident.

Two men, a few months since, started a "French Bakery"—so their handsome new sign had it—in the livest new city on the continent. The capitalist, with five years savings of some plodding business; the other partner, a routine shop baker from an eastern city. Large size portable oven procured at great expense, very large tent, all other fixtures suitable, high hopes of course, scores of such beginnings had become fine stores doing a rushing business. First opening day bread very bad—gray color like rye—full of holes—rolls all run together shapeless, worse than bread. Blamed flour. Sent for the merchant author of their ruin. Merchant called referees, proved best flour in the state. Next day bread no better, could not be worse—blamed water, oven, dough trough, weather. Next day bread no better—blamed the luck, moon, planet, climate, salt. Ran to place of one of referees where

glorious bread was made and borrowed some good yeast.

Next day had good average baker's bread. But no more customers. All parties demoralized. Baker on a stool smoking said it was no use his trying in that town any more, because he had made his first yeast in the wrong quarter of the moon! Sold out for a song—capitalist raised enough to go back home with—baker lost.

Another case. The steward of a good hotel where the finest bread was known to be made, was sought by the owner of a bakery that had been running with good success for some time.

"What brand of flour do you use? I must get some or close my shop. I have no more good bread and my trade is leaving me."

"We use the best—such a brand."

"Why, I have that, but they must have changed quality on me."

"That does not seem possible, for you got the other half of the same car load as ours. Perhaps you will find the fault is with your baker. He did well in warm weather; now the nights are cold. His yeast has run out"

Correct. Some changes, and the business recovered and has grown.

In one of those Florida hotels, years ago, they tried to do without engaging a pastry cook for the season, and might have got along very well had it not been for the inscrutable mystery that so envelops yeast as to make it impossible for ordinary home folk to ever penetrate to the bottom of it. The company was coming but the yeast would not come nor the light bread. The family carryall was sent fifty miles for a baker, in haste. He came, he saw, he made some mash and poured it very warm into their cold and inert yeast, and in an hour it was all life, overflowing the top and filling another jar besides. Such wonderful witchcraft as he understood they never could expect to learn, so he had to stay the season through. It was well for him that he understood yeast.

Scientists tell us that yeast is a plant, a festive sort of microscopic fungus, or multitudinous mass of it, of exuberant growth under the usuual conditions favorable to plant life. There is any desired amount of natural philosophy besides the above to be found in studying the singular ways of yeast, such as the different kind of fermentation and the changes produced in the flour, but the really practical thing for bread-makers' profit to remember is that one point that yeast is a plant and to be cared as such. As plants grow fast under the influence of warmth and moisture so does yeast. Hot water poured into a bed of plants will kill them and the same excess of heat kills yeast, whether the ferment be too hot into which the starting yeast is poured, or whether the dough be made too hot when it is set with yeast in it to rise. As a root or seed will be in the ground for months without growing if the ground be cold so will yeast remain without life in a similar condition. And as a plant may be unnaturally forced to a sickly rapidity of growth till it falls of its own weight so do yeast and dough act when they are hurried too much by being kept as hot as they can be without killing them.

The best bread and yeast are made by giving plenty of time and gentle temperature for all the processes to be carried out in a natural manner.

Accidental freezing solid does not kill yeast, nor seem to injure it. This refers only to common degrees of cold, not extremes.

516.
About Flour. Graham Bread, Rye-an'-Injun and Boston Brown.

In fact, great emphasis has been laid upon the quality and manufacture of bread from early times, when the whitest and finest was called *simnel* cakes, and was concocted chiefly to please the palate of the rich and high-born, as well as the *wastel* bread, not quite so aristocratic; while the *tourle*, or twisted loaf, and black bread made from the coarsest portion of the wheat, or from some inferior grain, fell to the share of the poor.

Nowadays we have discovered that the coarse fare furnishes more nutriment, and the rich have adopted it and made it popular —*Harper's Bazar.*

Every cure of corpulence must begin with these three maxims or absolute principles: discretion in eating, moderation in sleep, exercise on foot or horseback.

To abstain more or less rigorously from all that is floury and starchy tends to lessen corpulence.

You like bread; then eat brown or rye bread

At breakfast, take brown bread as a matter of course, and chocolate rather than coffee. Strong coffee, however, with milk, may be conceded. Eat as little of the crumb of bread as possible.—*Gastronomy as a Fine Art.*

Perfect yeast, quick and strong, and so sweet and tasteless that no harm can result from using it plentifully is the first requirement for making perfect bread and the quality of the flour is next to be taken into account. The flour is too generally made to bear all the blame of poor bakings. A good bread maker with good yeast can make better bread from second rate flour than a second rate workman generally can from the finest. Yet in good hands the finest flour will produce rolls and loaves half as large again for their weight as those made of inferior flour. Shop bakers who have to count their profit by the number of loaves that a barrel of flour can be made to produce, know that several more loaves of the same weight, and of larger size, can be made from fine flour than from coarse, showing that the best takes up most water, and from the bread-

maker's point of view may be as cheap as the poor flour which costs less money.

The usual tests for flour do not generally amount to much in assisting the buyer. The miller's brand is his trade mark, and most of them try to keep up the quality of their best at an even degree of excellence. The brand is often the best guide.

If two or three samples of flour are placed in the hand side by side, and smoothed with a silver knife, the finest may be known by its greater freedom from bran. Yet when one sample is from red wheat, another from white, the appearances may be deceptive. White wheat does not make the whitest bread, in a general way. A handful of flour pressed in the hand, if good, will retain its shape, while coarse flour falls apart like sand. Yet the best flour newly ground will not answer to this test, and poor flour with age will.

Spring wheat flour may be white, but will not, unless in exceptional cases, make rolls and loaves of as good shape as winter wheat flour, they having a tendency to run out of shape, the dough being soft and sticky. It is winter wheat flour that makes the tall round handsome rolls and loaves.

Good flour is slow to go through the seive, rolls up in balls and coats the sides. Poor flour passes through like buckwheat or meal.

Flour improves with keeping, especially in whiteness. It should have six months age before being used for fine rolls. Bakers sometime buy flour that has become caked in the barrels through long keeping, and mix portions of it with the newer flour to impart whiteness and strength.

It often improves the bread to mix two or three brands of flour together, particularly when one is older than the other. Spring wheat flour may be best worked off by having some old winter wheat flour to mix with it.

But this is all on the common assumption that good flour means fine, white flour, and the crowning glory of bread-making is to have bread snowy-white and delicate in taste and texture. A very large minority in our hotels, however, make known their preference for various kinds of bread of a coarser sort.

Graham flour should be the unbolted meal of wheat, but not only that, the wheat should be good plump grain, such as would make fine flour. Very often the appearance and handling is such that graham flour seems little else than bran and shorts, as if the thinnest wheat had been got rid of in that shape. In other samples the flour is made by taking seconds flour and mixing in an indefinite amount of bran, defrauding the consumer of the finest portion of the flour altogether. The best remedy is to buy such flour only of a reputable miller who makes it a special care to select good wheat—generally white wheat—for the purpose. Another remedy is supplied by the proportions of the following receipts.

---

517. Graham Bread.

A standing article on the bill of fare of most hotels.
2 pounds of graham flour, not sifted.
1 pound of white flour.
1½ pints of warm water.
½ pint of yeast. (1 cup).
1 teaspoonful of salt.

Commence 7 or 8 hours before time to bake. Mix the yeast and water together; strain them into the graham. It makes a stiff batter. That is the sponge. Let it stand in a moderately warm place about 4 hours. Then add the white flour, knead and pound the dough. Very slightly grease the pan it was started in, place the lump of dough in it, brush that over—no matter how slightly—with the butter brush and set to rise 2 hours more. Then make into loaves, rise and bake.

Graham dough rises faster than white, and after being made into loaves should not be allowed to rise or proof too much, lest it be too crumbly to slice well. The bakers usually bake these in round moulds.

Taking fine French rolls for the standard, graham rolls enjoy a degree of popularity in hotel service averaging about three to five. They are more difficult to make—or at least to bake—and a fine graham roll is not to be met with everywhere. They don't all know how to make them as nice as these.

---

518. Graham Rolls.

This is for fifty rolls of small size.
2 pounds of graham, not sifted.
1 pound of white flour.
1½ pints of warm water.
½ pint of yeast.
½ cup of reboiled molasses.
1 egg—2 whites are better.
1 teaspoonful of salt.

Set sponge with the graham at 9 or 10 in the morning, for rolls for supper; at about 1 add all the other ingredients and make it stiff dough. Let rise till 4. Then work the dough by spreading it out on the table, with the knuckles, folding over and pressing again repeatedly. Make into rolls in any of the ways to be hereinafter detailed for white rolls. Grease slightly between each one with a brush dipped in melted lard or butter. Brush over the tops with the same, and set the rolls to rise

about 45 minutes. Bake carefully about 15 minutes. Brush over with clear water on taking them from the oven. Keep hot without drying out.

There is philosophy or something like it in that one egg. It closes the pores in the crust and retains the air of fermentation that otherwise would escape from the rough graham flour, and the result is increased lightness, softness, and better shape. No shortening should be allowed in the mixture.

Such is the force of habit or custom, one must not expect to be accounted the best breadmaker in the world if our graham and brown breads be not brown, and our gingerbread be not "old-fashioned," that is dark colored. Graham rolls are expected to be light-brown in color. They don't look natural otherwise; they are nicer so and not so likely to be taken for second-rate French rolls. But now that the march of civilization has taken away our old-fashioned black molasses and given us colorless Illinois sorghum syrup instead, it is hard to see what else we can do but use a spoonful of burnt sugar caramel for coloring, else our brown breads cannot possibly be brown.

The trifle of sweetening called for in graham rolls makes the crust thin and soft.

It is far better to set the sponge with the graham so as to soak and soften the bran, instead of taking up white bread sponge and working stiff with graham, as is oftenest done "for short." Best breadmakers in the world use themselves to the right ways from the first.

Pastrycooks do not and need not measure the flour. They measure the three-fourths water and one-fourth yeast, and add all the flour needed to make dough. A cup, or half pint of fluid wets a pound of flour.

It is immaterial whether the dough be made by setting sponge, or batter with yeast in it, as previously directed, or all the ingredients put in a pan and mixed up at once. At night the latter way has to be adopted. The dough made by the receipt for graham rolls over night can be used part for loaves and part for muffins by the following short and easy method.

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519. Graham Muffins.

Makes about thirty.

2 pounds of graham roll dough.
2 ounces of butter.
2 ounces (a bastingspoonful) of molasses.
½ cupful of milk.
2 whole eggs and 2 yolks.

Take the dough that has been already prepared for making rolls. Warm it and the butter in a pan together. Put in the other ingredients and beat all together about 5 minutes. Grease tin muffin rings or gem pans. Half fill them. Rise half an hour. Bake 10 minutes. Brush over with butter or hot water. But if you have no light dough made the muffins can be set from the beginning with:

1 pound graham; ½ pound white flour; ¾ pint milk; 1 cup yeast; salt, molasses, eggs, butter, as in foregoing receipt. Mix and let rise 4 hours. Beat 5 minutes, rise in rings till light, then bake.

Many of the people in poor health who frequent the springs and pleasure places for recuperation are extremely critical in the matter of such hygienic articles of diet as graham rolls and gems, and all the hints here given will be found useful in the endeavor to meet their requirements.

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520. Graham Gems.

Made with Baking Powder.

1 quart of unsifted graham.
1 quart of white flour.
4 spoonfuls of baking powder.
3 large cups of milk.
1 egg. Salt.
2 ounces of lard melted.

Have the milk tepid and mix the lard and egg in it; the powder and small teaspoon of salt to be mixed in the flour. Stir all together and beat for 3 minutes. Have the iron gem pans hot; drop in round spoonfuls of the fritter-like batter and bake ten minutes.

As it is none of our business to decide which are the very best gems, here is another receipt to be tried when the sameness of the foregoing has become wearisome:

2 pounds of graham; 2 eggs; 4 teaspoonfuls of baking powder; 2 basting spoonfuls of syrup; small teaspoonful of salt; 1½ pints of milk or water. Beat all to a stiff batter. Make the gem pans hot and grease them. Drop in spoonfuls. Bake in slow oven 15 minutes.

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521. Graham Biscuit.

2 quarts unsifted graham.
1 quart flour.
2 ounces lard.
1 egg in the milk, (optional). Salt.
4 teaspoonfuls of baking powder.
Milk or water to make soft dough.

An hotel pastry cook and baker who had grown ashamed of himself, once told me that for years he went from one hotel to another, as pastry cooks do, and always finding the people earnestly wished for Boston Brown Bread, he as earnestly protested that it could not be made unless there was a brick oven in which to bake it 8 hours, and as only about one in fifty of American hotels own a brick oven this usually ended the argument.

And yet here and there would be some little house enjoying quite a reputation and a run of custom because of its much beloved Boston brown, or it might be only rye-and-injun, hot for breakfast or supper, or for Sunday mornings especially. No matter how, but as he grew wiser and older this pastry cook found the brick oven was by no means an article indispensable, and Boston brown that was a thousand times pronounced all that could be wished, he made by the following described methods.

522. Boston Brown Bread.

Raised with Yeast.

1 quart of corn meal.
1 quart of graham.
1 quart rye flour.
1 quart white flour.
1 quart of boiling water.
1 pint of yeast.
1 small cup of molasses.
2 teaspoonfuls of salt.
½ cup of burnt sugar coloring.

The method here recommended is materially different from the common troublesome process; first, because troublesome processes cannot and will not be carried out in hotels doing good business and secondly, because this way produces as good results as if one sat up all night about it.

Scald the meal by itself first, by pouring the boiling water on and stirring in a pan. Then add molasses, salt, caramel. If still hot, let it stand awhile before adding anything else. When only milk warm strain in the yeast, then mix in the graham and rye and the white flour last. The dough will be like graham dough and can be worked on the table. Part of the white flour should be left over to dust with. After a little kneading, slightly grease the pan it was mixed in, place the dough in it, cover with a cloth and let rise moderately warm about 6 hours. Turn on the table, knead a little, make into 4 or 5 loaves, place in round moulds or pails, let rise about half an hour or an hour if to be baked instead of steamed.

By this method no sponge is set, but the dough is mixed up stiff at once—care being taken not to let the yeast get scalded in the hot meal—greatly lessening the trouble. If commenced in the middle of the day the loaves will be ready for the oven after the rolls at night, and should be baked two or three hours at very moderate heat. Or, mixed at night and made into loaves very early the bread may be baked in time for breakfast. But the best way is this:

Make up the dough as directed, at 7 in the morning. Work and make into loaves at 12 or 1. After rising one-half hour set the iron pails containing the loaves in the steam-chest, or in a boiler with water, and steam in this way till 5 30. Then bake one-half hour and serve hot for supper, the remainder answering for cold bread to toast.

When these loaves become hollow in the top it is because of too much rising or proof in the pails. Steaming does not arrest fermentation quick enough and they get too light and fall.

The forogoing is one way that requires good yeast. The next is shorter still and takes baking powder instead. It is hard to say which is the better. You can be happy with either.

523. Steamed Brown Bread.

Made with Baking Powder.

2 pounds of corn meal.
1 quart of boiling water.
1 cupful of dark molasses.
1 pint of cold milk or water.
1 teaspoonful of salt.
6 teaspoonfuls of baking powder.
1 pound of graham.
1 pound of white flour.

Scald the meal with the boiling water. Add the molasses and then rest of the ingredients—the powder being mixed in the flour. Beat up thoroughly. It makes soft dough. Put it in 2 or 3 iron pails having lids and steam 5 hours or more, then bake about 20 minutes.

Hotel providers who would have brown bread by these easy methods always, need to provide a set of pails that will stand baking, having bales and lids. They should last for years and require to be made of the best Russia iron, as these properly cared for, greased while hot and wiped out, never discolor the bread. 5 inches across, 8 inches deep.

524. Rye and Indian.

No different method is needed but to change the ingredients of Boston Brown so as to leave out the graham and the flour and double the proportions of meal and rye in their place.

Bakers' rye loaves are made by the same method as French loaves, and will be found in that connection at a subsequent page.

The Best White Bread and How to Make it.

525.

Archestratus, a friend of one of Pericles' sons; * * this great writer, during his travels, did not make inquiring into the manners of nations, since they always remain the same, but going into the laboratories where the delicacies of the table are prepared, he only held intercourse with those who could advance his pleasures.—*Philosophical History of Cookery.*

The ardent dietetic morality which extolled the bread that was coarsest, brownest, stalest and most truly home-made, and caused fine white and fresh bread to be swallowed as if it were a sin against nature, is classed among the "Isms of forty years ago" in one of the January magazines. Dr. Sylvester Graham of Connecticut, started the reform, which, running to great lengths at first, has resulted, in the long run, in a happy mean, a modification, and greater variety in the popular bill of fare. The people in great numbers, who find the white rolls and bread irresistible may reap satisfaction from finding so eminent an authority as the author of "Gastronomy" in their favor. His prescription, the groundwork of his cure for thinness, for "a young sylph, or other airy creature, who wishes to assume a more material form" is "first of all, make it a general rule to eat nothing but newly-baked bread, especially the crumb, and plenty of it." And he had studied such matters all his life. But as there are dinners and dinners,—so Cardinal Richelieu remarks to his major domo, meaning that some are very bad,—so it should be said about bread. The rolls of Limet, of Rue de Richelieu, could not hurt anybody.

526.

On one occasion the writer was called upon as a probably competent judge to pass opinion on the work of one of the reputed very best bread makers. There is a dubious kind of excellence in this line as in everything else that does not feel able to stand alone but always wants somebody to keep saying it excels. Such was the case here. The bread was extremely fine, yet, I venture to say the people did not enjoy it except to look at, and felt that some essential quality was lacking. It was white as chalk and a good deal like it; fine-grained as delicate cake, but had no toughness nor elasticity and crumbled when broken, like meal. It had a sweetish insipidity of taste, instead of the hearty relishing wheat flavor of good bread. It was made so by an immense amount of *kneading the wrong way.*

These people did not invite instruction nor criticism, only praise. I said the bread was superlatively fine, and the lady was one of the best breadmakers in the world. That the bread was not good was a mental reservation. We all frequently make bread that is fine but not good, and they that have such for their regular diet sometimes find in a loaf of common bakers' bread a new revelation of how sweet the taste of bread can be, and wonder whence springs the difference. It is not what the bakers put in the bread but the proper method of working.

Just the other day a magazinist spoke of good bread making as a lost art. A figure of speech, perhaps, or else the opinion of a lover of good bread whose experiences have been bad; but if there be any grounds for such an idea to rest on the cause may be found in the unwillingness of instructors in cookery to properly dwell upon so seemingly simple and self-evident a matter as the proper way of kneading dough. And very recently another intimated how many persons accustomed to "biscuit streaked with saleratus and heavy with lard, regard rolls white and light as newly-fallen snow as something belonging to the households of princes, to the King of France's Kitchen, but not to be freely eaten by common folks." Now it is cheaper to have good bread than bad, and the bare formula for making it being so little and the understanding how so much, we are going to do our best to endeavor to draw attention to what the knack of making bread both good and fine consists in—yeast and flour being good to begin with.

It took one, otherwise excellent, pastry cook ten years to discover this knack for himself, but he was all the while the worst mystified man imaginable, because he had, when a boy, made rolls that people would eat in preference to anything else, while now every other kind of bread was preferred to his handsomest rolls The fault with them was the same as with the lady's fine, brittle and tasteless bread already spoken of.

This man had been shown how to work in a routine way in a large bakery without ever being impressed with any idea of the particular way being essential to good quality, and when, afterwards, in a French kitchen where ornamentation was run to the extreme at the expense often of good flavor, he exercised his ingenuity till he could make rolls in forty different fancy shapes, he found, after all, they were in little demand. He worked all the life out of the dough in making it into curliques. Then in a busy time a very common fellow came along and was set to make the rolls. He was too common even to have a name except a familiar Tom, Dick, or Harry and was quite unconcious that the rolls he made were the first that had ever been eaten with a real zest and favored with a constantly increasing demand in that house. But after that the fancy breads were neglected and there was less cry for toast. Even the "help"—excellent judges of what is good, although discretely silent—would steal the new man's rolls out of the corners of the pans as they passed—a thing never known to be done before, as long as a biscuit could be had.

And all the difference was in two different ways of working the same materials. The superiority of the common fellow's rolls and bread was all owing to his kneading the dough the right way.

527. Common Bread Dough.

As a rule use one-fourth yeast to three-fourths water.

The good potato yeast with no germs of sourness in it, such as we have already directed how to make, does no harm in still larger proportions when the weather is cold or time of mixing late. But the whitest bread is made when the dough can have long time to rise, not hurried up.

1 pint of yeast.
3 pints of warm water.
1 heaping tablespoonful of salt.
8 pounds of flour.
Makes 8 loaves of convenient size.

528. Setting Sponge.

Strain the yeast and water into a pan and mix in half the flour. Beat the batter thus made thoroughly. Scrape down the sides of the pan. Pour a spoonful of melted lard on top and spread it with the back of the fingers. This is to prevent a crust forming on top. Cover with a cloth and set the sponge in a moderately warm place to rise 4 or 5 hours.

529. Making up the Dough.

The sponge having been set at 8 in the morning, beat it again about one, add the salt and make up stiff dough with the rest of the flour. Knead the dough on the table, alternately drawing it up in round shape and pressing the pulled-over edges into the middle and then pressing it out to a flat sheet, folding over and pressing out again.

Brush the clean scraped pan over with the least touch of melted lard or butter—which prevents sticking and waste of dough—place the dough in and brush that over, too. Where economy reigns the strictest a little warm water in a cup, and teaspoonful of lard melted in it will do for this brushing over and insures the truest saving and smoothest bread. Let the dough rise till 4.

530. The Important Ten Minutes Kneading

At about 4 o'clock spread the dough on the table by pressing out with the knuckles till it is a thin uneven sheet. Double it over on itself and press the two edges together all around first. This imprisons air in the knuckle holes in large masses. Then pound and press the dough with the fists till it has become a thin sheet again, with the inclosed air distributed in bubbles all through it. Fold over and repeat this process several times. Then roll it up. It will be

LIKE AN AIR CUSHION.

Let it stand a few minutes before making into plain rolls, cleft rolls, or loaves.

Making Dough at Night.

It would be a great hardship and in most cases impracticable to make the night dough by the sponge method, although the shop bakers do so, and work it in the middle of the night. Quite as good bread can be made by mixing up into stiff dough at first, provided proper precautions be observed. The danger is of too much fermentation, the dough being ready to bake hours before the time. When a sponge is set the fresh flour added to it hours after checks fermentation, but when all the flour is wetted at once, there is no check except the coolness of night keeps it back. In summer the dough may be mixed up with ice water instead of warm, at any time after supper and fermentation will not begin for some time after, while the flour is becoming whiter all the time for being so long in the dough state.

How Much Kneading.

Small quantities of dough can be easily injured by too much kneading. The true plan is to keep kneading till its India rubber-like toughness causes it to begin to break instead of spread out. Then stop and let it lose its springiness before kneading again.

531. Premium Family Bread.

To have bread superlatively white and fine grained and good besides, put the dough through the preceding described kneading process three or four times half an hour apart. The dough made up stiff over night should be kneaded at 4 in the morning and again an hour after, in order to make good rolls for breakfast. This helps to make up for the loss of the thorough heatings of the sponge when the sponge method is practiced.

532. Cooks and Bakers.

"Why, good heavens! we have lost our way. But what a delightful smell there is here of hot bread, Andree."

"That is by no means surprising," replied the other, "for we are close to the door of a baker's shop."—*Dumas.*

Anciently,—we read in Roman antiquities—the cook and baker were one. In the hotel work of the present the same rule holds. This little book recognizes a distinction between the hotel baker or pastry-cook and the shop baker. The latter seldom does well when he tries hotel work. The hotel pastry-

cook going into a bakery generally makes the goods richer than shop rules and profits will allow. This book applying to hotel ways pursues a new path and is necessarily a little at variance with baker's methods. If it were a baker's routine we should have to describe three bucket sponges or ten bucket sponges; and when the baker makes up his dough he adds to his three bucket sponge about as much more warm water.

This plan of adding more liquid to the sponge is commendable for checking too rapid fermentation —best way when loaf bread only is to be made, but not for rolls or fancy breads The bakers' ways are referred to for illustrations for comparison chiefly.

The essential points in bread making are the same whether in shops, hotel kitchens, or private houses. When to the baker's proper ways of working, we in hotels add the small amount of enriching ingredients which they do not need and cannot afford in their larger operations, we produce the extra fine rolls and extra bread, having which people think they can almost dispense with everything else.

The lump of dough already prepared, smooth and like an air cushion, lies in layers or flakes, and it is another part of the art of good bread making not to disturb them much in making up. It might be hard to explain why this stringy texture preserved in the loaves should make a difference in the taste, but it is plain it does, and in this lies the desirableness of what are known as French loaves.

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533. Baker's Cleft Rolls.

Petits Pains.

Take a portion of the dough flat as it lies and without working it at all, spread it with hands and rolling-pin to a sheet less than an inch thick. Cut this into 2½ inch squares. Take two opposite corners and press them into the middle, making long cushion shapes with pointed ends. Place them smooth side up on baking pans with plenty of room between. Brush over with water. Let rise nearly an hour. Just before putting in the oven cut them lengthwise with a down stroke so as to nearly divide the two halves. Bake in a hot oven about ten minutes.

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534. Baker's French Loaves.

The same as the preceding, of larger size. Cut the entire piece of dough in about 10 pieces. Flatten out without kneading Bring two opposite corners together and press them into the middle and press the loaf sides together in long, pointed shape. Then there are two ways of proceeding.

1. Place each loaf with the smooth side down in a flowered napkin or piece of clean flour sack and set them to rise an hour that way, in a deep pan or box just touching. The oven being ready, turn the loaf right side up on to the peel, cut it lengthwise down nearly to the bottom, and slip it to its place on the oven bottom.

2. The above plan not being convenient to practice, make the loaves as before and place them right side up in the usual hotel baking pans, brush over with water, rise, cut as before, and bake in the pans. There should be plenty of room between. Brush with water again when done.

The bakers pursue a method so laborious in making their flaky, stringy French loaves as would forever deter weakly people from trying, if it were the only way. But in this case knowledge is literally power The dough carefully kneaded on the table in the way that has been directed reaches the same condition as if it had been worked in a trough with water with an immense expenditure of strength.

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535. Hotel Loaves.

The crusty cleft loaves not being suitable to slice for the table, nor for toast, we make of the same dough slightly worked, a better sort. Cut the dough in eight pieces and moutd them up round, but not enough to destroy the texture—only from 6 to 12 turns. Let stand on the table a few minutes. Press them out like dinner plates. Bring over two opposite edges and press them into the middle and place the long loaves side by side in the pans.

To Prevent Splitting at the Ends.

It is curious to obrerve that the simple way of folding the loaf just described prevents splitting open at the ends in baking, while one more folding in of the other two sides has often the opposite effect and causes much waste of bread that cannot be sliced.

It makes a thin crust to bread and the loaves to part clean and even if they are brushed over with a touch of melted lard when placed in the pans.

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536. Plain Rolls.

Mould the dough into little round balls and place them just touching in the pans, slightly greased between. Rise an hour; bake 20 minutes; brush over with water when done. Keep hot without drying out or sweating the bottom on the iron pan.

We shall come to the more delicate sorts of rolls further on.

537. Baker's Milk Bread.

Make up the sponge and dough for this the same as for common bread, but use sweet milk instead of water. Its merit is its whiteness, fine grain, and sweetness of taste like French rolls. There are three essential points to be observed.

1. Beat the sponge and dough extremely well, only adding the flour gradua ly and beating it in.

2. Have the dough as soft as it is possible to knead it well, too soft to keep good shape as loaves apart, and bake the loaves in tin moulds.

3. Put it in to bake after the rolls come out. As it must be of light color outside and browns too easily it can only have a slack oven to bake in. Brush over the loaves with milk when done.

538. Rye Bread.

The proper method with rye bread is the same as with French loaves, 'hat is, the dough is to be worked in layers and nothing added but salt to the yeast and water; the dough made up rather stiff to keep good shape, and when the loaves are put in the oven, instead of a long downward cut merely score the rye loaves across diagonally three or four times.

But for hotel use, where there is no brick oven, it does as well or better to make long loaves in pans as already directed for ordinary hotel bread.

Some Cheap and Good Varieties of 539. Sweet Breads.

There is old Lindsay of Pitscottie ready at my elbow, with his Athole hunting, and his "lofted and joisted palace of green timber; with all kind of drink to be had in burg and land, as ale, beer, wine, muscadel, ma vaise, hippocras, and aquavitae; *with wheat-bread, main-bread, ginge-bread*, beef, mutton, veal venison, goose, grice, capon, coney, crane, swan, partridge, plover, duck, drake, brissel-cock, pawnies, black-cock, muir-fowl and caper-cailzies; not forgetting the excelling stewards, cunning baxters, excellent cooks, and pottingars, with confections and drugs for desserts."—*Old author quoted by Scott—Waverly.*

We had dinner—where by the way, and even at breakfast as well as supper at the public houses on the road, the front rank is composed of various kinds of "sweet cakes," in a continuous line from one end of the table to the other. I think I may safely say that there was a row of ten or a dozen plates set before us two here. To account for which, they say that when the lumberers come out of the woods, they have a craving for cakes and pies and such sweet things, which there are almost unknown. And these hungry men think a good deal of getting their money's worth No doubt the balance of victuals is restored by the time they reach Bangor—Mattawamkeag takes off the keen edge.—*Thoreau—The Maine Woods.*

So it appears from these extracts "ginge-bread" has been thought worthy to be mentioned in place in the grandest kind of a feast, and there are places where all sorts of sweet cakes are eaten with a hearty relish

We who have to serve such kinds side by side with hot French rolls need such assurances as the above—seeing our sweet breads and cakes come back again neglected. The simpler kinds of sweetened breads and good ginger bread seem to be more acceptable in the ordinary hotel where the "balance of victuals" is always nicely adjusted, than the richer sorts yet to come.

540. German Baker's Coffee Cake.

4 pounds of light bread dough.
8 ounces of sugar.
8 ounces of butter or lard.
1 egg (Not essential.)

Take the dough at noon and mix in the ingredients all slightly warm Knead it on the table with flour sufficient. Set to rise until 4 o'clock. Knead it again by spreading it out on the table with the knuckles, folding over and repeating. Roll it out to sheets scarcely thicker than a pencil, place on baking pans, brush over with either water or melted lard, or milk. Rise about an hour. Score the cakes with a knife point as you put them in the oven to prevent the crust puffing up. Bake about 15 minutes.

One of the attractions of this plain cake is the powdered cinnamon and sugar sifted on top after baking, the cake being first brushed with sugar and water. Cut in squares and serve hot

The foregoing makes a sheet of cake large enough to cover a stove top.

541. Pic-Nic Bread.

Another form of the coffee cake, cheap and good for school pic-nics and the like, and for sale.

Mix a few raisins or currants in the German coffee cake dough. Roll out pieces to the size of dessert plates and half inch thick, brush over with a little melted lard, double them over like large split rolls. Rise and bake like bread, and brush over with a mixture of water, egg, and sugar.

Currant Buns—Chelsea Buns. 542. Washington Buns.

Hot for supper. No eggs required. Favorite sort and quickly made. This makes 45.

4 pounds of light bread dough.
8 ounces of currants.
8 ounces of softened butter.
8 ounces of sugar.

It is soon enough to begin these 2 hours before supper. Take the dough from the rolls at say 4 o'clock. Spread it out, strew the currants over and knead them in Roll out the dough to ¼ inch sheet.

Spread the butter evenly over it and the sugar on top of that. Cut in bands about as wide as your hand. Roll them up like roly-poly puddings. Brush these long rolls all over slightly with a little melted lard so that the buns will not stick together in the pans. Then cut off in pieces about an inch thick. Place flat in a buttered pan, touching but not crowded. Rise nearly an hour. Bake 15 minutes. Brush over with sugar and water. Dredge sugar and cinnamon over.

543. Common Rusk, or Buns without Eggs.

4 pounds of light bread dough.
6 ounces of butter or lard,
8 ounces of sugar.
1 tablespoonful of cinnamon extract.

Take the dough at about noon and work in the other ingredients. Let stand an hour, then knead thoroughly At 4 o'clock knead again, mould into round balls, grease between each one as you place them in the pans Rise an hour, bake 20 minutes. Placed close together in the pans they are the ordinary sweet rusks. Set some distance apart they are round flat buns; may be sugared on top and have currants or carraway seeds mixed in the dough. The richer French varieties will be found further on.

544. Yeast-Raised Gingerbread.

4 pounds of good light bread dough.
1½ pounds of dark molasses.
12 ounces of butter or lard.
1 tablespoonful of ground ginger.
Little cinnamon, or other spice.
Flour to work up to soft dough.

An egg or two does not hurt it. Make up by the coffee cake directions. Dredge granulated sugar over the top when done. Good for supper, hot.

Speaking of gingerbread, however, the next, although not made with bread dough, is the best sort yet discovered for hotel suppers. Gingerbread is inclined to be tricky and uncertain, or more properly speaking, sticky and uneatable, if not made with care. Too much molasses or too much soda or powder are usually the faults. This can be made with buttermilk and soda if desired.

545. Sponge Gingerbread.

Sometimes called black cake and spice cake.
1 pound of molasses.
6 ounces of sugar.
8 ounces of butter, melted.
1 pint of milk.
6 eggs.
1 ounce of ginger.
2 teaspoonfuls of baking powder.
2 pounds of flour.

Melt the butter in the milk made warm, and pour them into the molasses and sugar, mix, add eggs, ginger, powder, flour. Beat up well.

545 *a*. Fairy Gingerbread.

No eggs needed.
1 cup butter—7 oz.
2 cups light brown sugar—13 oz.
1 cup milk—½ pint.
4 cups flour—1 pound.
1 teaspoonful ground ginger.

Warm the butter and sugar slightly and rub them together to a cream. Add the milk, ginger and flour. It makes a paste like very thick cream. Spread a thin coating of butter on the baking pans, let it get quite cold and set, then spread the paste on it no thicker than a visiting card, barely covering the pan from sight. Bake in a slack oven, and when done cut the sheets immediately into the shape and size of common cards.

546. "Old Fashioned" Gingerbread.

1½ pounds of molasses.
8 ounces of butter or lard.
3 eggs.
1 ounce of ground ginger.
1 teaspoonful of soda, large.
2 pounds of flour.
1 pint of hot water.
Salt when lard is used.

Melt the butter and stir it into the molasses and then the eggs, ginger and soda.

The mixture begins to foam up. Then stir in the flour, and lastly the hot water, a little at a time. Bake in a shallow pan.

The three varieties preceding do well as small cakes, baked in patty pans or gem pans. The next, besides doing for sheet gingerbread, can also be made into the plainest ginger cookies. Need brushing over with milk to look well. Sugar or comfits may be dredged on top.

547. Soft Gingerbread without Eggs.

1 pound of molasses.
6 ounces of sugar.
1 pint of milk.
8 ounces of butter.
1 tablespoonful of ground ginger.
1 teaspoonful soda and same of baking powder.
4 pounds of flour.

Warm the butter with the sugar and molasses and beat up about 5 minutes. Mix in the soda and all the rest of ingredients.

It makes dough that can be rolled out and baked on pans.

However, it is easy enough to make ginger cakes. But the baking of them—"aye, there's the rub!" There are cooks who, while the range is hot, cooking supper, can bake gingerbread of a nice light color without burn, gall, or bitterness, but——

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548. English Tea Cakes.

2 pounds of light bread dough.
12 ounces of sugar.
12 ounces of butter.
4 eggs.
½ pound of flour to work in.
½ pound of currants.

Takes about 5 hours time. Mix all the ingredients with the dough in the middle of the day. Let rise till 4. Then beat the dough well with a spoon—it is a little too soft to handle—and spread it thin on buttered pie plates. Rise about an hour. Bake, and split open and butter them.

One teaspoonful of carraway seeds will suit better than the currants in some countries. Where the children have been raised on "Abernethy biscuits," to wit; and know what carraway seeds are. In contrary situations it hurts a house, and the cook's sensibilities to have people picking the seeds out, thinking they are dirt.

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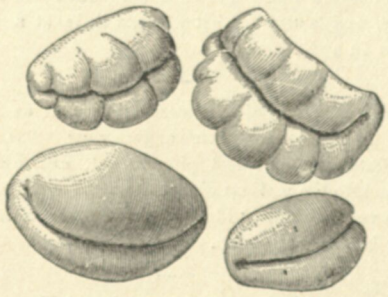
549. Hotel "French Rolls."

An Inquiry into their Origin.



Dishes worthy of special attention had their name and quality ceremoniously proclaimed.—*Philosophical History of Cookery.*

An uncommon dish was introduced to the sound of the flute, and the servants were crowned with flowers. In the time of supper the guests were entertained with music and dancing, * * * but the more sober had only persons to read or repeat select passages from books —*Roman Antiquities.*

The kinds of rolls shown in the cut, which are understood to be *par excellence* French rolls, are of chiefest interest to us in hotels, for the two reasons that everybody likes them—most potent consideration where the aim and end of all endeavor is to please—and that they, at least, appear to be of American origin.

I said as much once to an old and educated Italian cook who had been a great traveler, but he smiled:—"America is too young to have any cookery of her own; you can find a foreign origin for every dish you have. I remember seeing such rolls as those on the tables at restaurants and *cafés* in Europe, when a boy, over fifty years ago" Yet at last this was but a conjecture He could not be sure that what he saw were not the baker's cleft rolls mentioned some pages back, and which have no great merit over ordinary baker's bread. One of the best American domestic cook-books also mentions "the cleft rolls which we so often find on the tables of the city restaurants" And we still remain in ignorance, even if they prove the same, whether they may not have been presented by America to Europe at first. The name, French roll, may be but an American application, as if it had been taken for granted that whatever is admirable in cookery must be French. It is the popular understanding of a split roll or pocket-book shape that can be pulled open hot, and admits a lump of butter within its melting clasp, but never so far as I can find out has been described in any but American books and those domestic.

The earliest dated mention of French rolls I have met with in the merely cursory search which such a minor matter justifies, is the following, recently republished in the REPORTER from "Forney's Progress":

* * * * "A public resort known as Spring Garden. The hotel attached to the premises was situated on the late site of the Museum, at the corner of Ann street, (New York). In 1760 I find the advertisement of John Elkin, its proprietor, offering to the public, 'breakfast from 7 to 9; tea in the afternoon from 3 to 6; the best of green tea and *hot French rolls*, pies and tarts drawn from 7 to 9; mead and cakes.'"

This shows that *French* rolls were "the thing" at a date even anterior to the culminating period of modern French cookery, before the revolution.

But the French rolls of that advertisement; of the quotation from Savarin at the opening of this book, of the quotation from Bulwer at the head of the next division—the French rolls of the tradespeople who buy them hot for breakfast of the bakers in all the European towns are only little round loaves—crowded into the pans so that they rise to a tall shape, and taken from the oven at intervals, kept smoking hot under green baize covers—made a trifle richer than ordinary bakers' bread. The split roll shown in the picture is in all likelihood an American improvement.

In "Quentin Durivard" (chap. IV) Sir Walter Scott gives the most explicit information in this re-

gard. At the breakfast—"There was a delicate ragout, with just that *petit point de l' ail* which Gascons love and Scottishmen do not hate. There was the most exquisite white bread, made into little round loaves called *boules*, (whence the bakers took their French name Boulangers) of which the crust was so inviting that, even with water alone it would have been a delicacy. But the water was not alone"

The probability that split rolls are an American improvement is strengthened by the apparant absence of any mention of them in the best foreign cook books. Seeing how suitable the shape shown in the cut is for sandwiches one would have expected Jules Gouffe (about 1860) to adopt it instead of this circumstantial direction for "rolls with foie-gras;" he says, "Take 24 small French rolls of an oval shape, 2½ inches by 1½, rasp the rolls and slit them open lengthwise without separating them entirely." The *Cuisine Classique* directs much the same way, to cut off the tops of roll and brioche, (sort of butter rolls) and remove the inside crumb, for sandwiches and timbales. So also the "Modern Cook," (1840) and, later, "Model Cookery," which only directs to make French rolls in long shapes placed side by side. A number of lesser works either ignore French rolls a together or treat the making up in round balls as a matter of course.

On the contrary, the writer of these lines worked with a man, A. Nelson by name, making both the shapes shown, as far back a 1850, on one of the old-time, high-living floating palaces of New Orleans, and found them then as ever since the most popular of all. The man's home was at Nashville, Tenn. Judging from his age and experience and his unconciousness of there being any novelty in this sort of rolls it seems fair to assume that he had been used to them for ten or fifteen years before. Some four or five years after I saw the same in Cincinnati and Evansville, under the name of Parker House rolls Since then in numerous American publications they may be found called by those and other names—Tremont House rolls for one.

Mr. Charles Wood, for an ordinary lifetime baker at the Tremont House, Boston, drawn out in reply to a newspaper paragraph crediting him with the origination of *French* rolls in this country—meaning the split rolls shown in the cut—only dates back the making of his pattern about twenty-six years, and explains that Mr. Paran Stevens required him to make rolls like some he had seen on a European tour. Mr. Wood does not in his published letter say that the rolls he produced were the same as the European, but only that after several months trial he produced what satisfied Mr. Paran Stevens—who may still have had in mind the French *brioche*, or even the cleft rolls whose texture is in flakes and coils, and their merit being individual loaves.

It appears that the general hotel and traveler's understanding of the term is by no means universal. Let us make rolls French, according to the European understanding, and never so good, if they be round, tall, oval, oblong or twisted, some person will send them back, and looking at the bill-of-fare will say bring him some *French* rolls. And another great lover of bread will say, "these are all very well, but you ought to see the *French* rolls they have at—" some other house. Nevertheless a letter from Russia published in the REPORTER two years ago remarked how much better the delicate soft rolls there were "than the French, which are nearly all crust."

These Russian rolls were doubtless the same as our "French." Puzzled by these diverse ideas I wrote to the Royal Baking Powder Co., who had exhibited the making of "Vienna Rolls" with powder at the Centennial, in Philadelphia, and the president kindly answered with drawings showing for French rolls, the cleft crusty loaves of the bakers—directions for making which bave already been given at length—and their Vienna rolls were in shape like those, plain ones, in our picture. There is a remark in one of the higher-class cook-books recently published, that hot breads for breakfast and supper are but little used except in the West. Accordingly our hotel French rolls are not described in it at all. And yet the Parker and Tremont Houses are in the East, and Boston people everywhere are exhibiting their rolls to the heathen with pride. Are those Boston hotels to be regarded as deriving much of their fame from the introduction of this peculiar institution where before it was unknown? As an example of how a thing may have various names in different localities: Last year a Canadian hotel steward who went West and conducted a first-class house, well knew the merit and importance of fine rolls, yet so little acquainted with their usual name that he had them printed on his bill-of-fare "buns." So without really appearing on the bill at all, the split rolls experienced an increasing demand from three or four hundred to over eight hundred at a meal, and so it went till about the time the third batch of supper and breakfast bills were to be printed, when the pastrycook ventured to intimate that "buns" were very rarely called for, but the "no names"—the French rolls which did not appear at all upon the bill were having a tremendous run all the same. Then the name was printed right. It is not to be inferred that the hotel steward was ignorant, but only that these rolls were not familiarly known in the section whence he came.

Perhaps nine out of ten of the people outside the circulating intelligence of our hotels, if asked the

meaning of the term "pocket-book roll," would guess it to mean a roll of five and ten dollar bills—sometimes called greenbacks, and sometimes Spinnerisms. It is no such thing, but a roll just like those in our cut, It is a local domestic name for the hotel French roll. A Western author, Miss Farman, of Michigan, so describes it and the method of making, in the "Cooking Club of Tu-wh-t Hollow," in the children's *Wide Awake*, and speaks as if the appellation were one well known and understood among home folk, although so strange to our hotel bill-of-fare. However, it must be owned, our rolls are the more like a pocket-book, (with silk or satin covers) the better they are made; for there is more sense in having a somewhat flat shape, not too thick for a bite, than the taller form that is neither loaf nor slice

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Through all the foregoing, and many other considerations too tedious to mention, I have arrived at the *suppositions* that French rolls, as understood by commercial travelers and other hotel frequenters, are of American origin; that they were evolved out of the competition between Boston hotels; that they were first a specialty of the Parker House, that thence they spread rapidly to wherever there was good living, because the travelling people went bragging about them, and that they have found their way like pilgrims and strangers into the domestic world, contentedly taking any pet name that may have been thrust upon them. All of which is respectfully submitted.

550.

However that may prove to be, I would advise that rolls of any other shape be denominated on the bill-of-fare simply hot rolls, and the term French roll, in American hotels, should always be understood to mean a split roll like these shown.

French Rolls. Parker House, Tremont House, or Pocket-book Rolls.

Sacred heaven! what masticators! what bread! —*Quentin Durward.*

"Well," said Mr. Copperas who, occupied in finishing the buttered cake, had hitherto kept silence, "I must be off. Tom,—I mean De Warens,—have you stopt the coach?"

"Yees, sir."

"And what coach is it?"

"It be the Swallow, sir."

"O very well. And now Mr. Brown, having swallowed *in the roll*, I will e'en *roll in the Swallow*—Ha, ha, ha! At any rate," thought Mr. Copperas as he descended the stairs, "*he* has not heard that before."—*Bulwer—The Disowned.*

Perhaps we, behind the scenes in hotels, take different views of what is important, from the majority of people. With the matter in hand, for instance. Individuals, or a family, may never even see a hot roll on their table, and yet never realize how unfortunate they are. The "sour grapes" philosophy may help them, and they believe hot rolls are not wholesome, anyway. It is really of no consequence in isolated cases. But when a whole hotel full of people show a decided liking for rolls, so that they could not well enjoy a meal without, does not the increased size of the matter justify our case? There are lean times, too, in hotels, when the meat is poor, game out of market and spring lamb not come in; when poultry almost disappears and oysters are no more; neither choice vegetables nor new fruits have arrived. Then the regulars grow discontented and seek new pasture—at the restaurants where sliced baker's bread is set before them—at the opposition hotel where, whatever else they may try to have, the rolls are unwholesome wads of dough, or dry and unpalateable biscuits and grimy cakes. Then the regulars return to their proper homes like good boys, and say it is all very well over there, but they don't have good rolls—and with such rolls as these they can almost dispense with everything else. In such cases may not the pastry-cook claim a right to loom up tall and exalt his trade?

551. French Rolls.

For about 60 split rolls.

3 large cups of water or milk.

1 large cup of yeast.

1 ounce of salt. (A heaping tablespoon.)

2 ounces of sugar.

2 ounces of lard or butter.

4 pounds of flour.

Set sponge at 8 in the morning with half the flour.

At 12 or 1 add all the enriching ingredients and work up stiff.

All the detailed instructions for making the dough and kneading it the right way have been given already under the head of common bread.

After the 4 o'clock kneading proceed to make the dough into rolls.

Persons in practice find it quickest to pull off pieces of dough of right size and mould them up instantly.

1. Others cut off strips of dough, roll them in lengths and cut these up in roll sizes.

2. Mould them up round with no flour on the board and only a dust on the hands, and place them

in regular rows on the table—the smoothest side down.

3. Take a little rolling pin—it looks like a piece of new broom handle—and roll a depression across the middle of each, as in the cut.

4. Brush these over with the least possible melted lard or butter, using a tin-bound varnish brush for the purpose.

5. Double the rolls, the two buttered sides together as seen in the cut below, and place them in the pans diagonally, with plenty of room so they will not touch

6. Brush over the tops of the rolls in the pans with the least possible melted lard again and set them to rise about an hour—less or more according to temperature.

7. Bake in a hot oven, about 10 minutes. Brush over with clear water when done.

Keep baking at short intervals and keep hot without drying out.

The particular feature of these rolls, it is seen, is the folded shape, allowing them to be opened when done, and this is the result of brushing over with butter. Rolls placed close together in pans will part clean and entirely separate wherever they have been so greased between in the making.

The preceding receipt producing fine French rolls, good enough for anything, the next are no-names. The addition of eggs and butter does not make a vast difference, but still makes them creamy colored and crisp.

And if a body choose to name either of the two for some favorite hotel, need any other body kick? Possibly their name may be Parker, Tremont, Revere, Brunswick, French, Clarendon, St. James or Windsor rolls. Who shall decide or prove what they are?

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552. No-Name Rolls. No. 1.

3 large cups of milk.
1 large cup of yeast.
3 ounces of sugar.
3 yolks of eggs.
4 ounces of butter, melted.
1 ounce of salt.
All the flour the fluids will take up, or 4½ pounds

Make up either sponge or stiff dough, as may be most convenient. The latter way is best at night. All the ingredients may be put in at once, but the milk should not be made too warm in summer, when the dough has to be made 12 hours before wanted.

553. No-Name Rolls. No. 2.

Richest.

3 cups of sweet milk.
1 cup of yeast.
6 ounces of butter, melted.
6 yolks of eggs.
3 ounces of sugar.
1 ounce of salt.
All the flour it will take up—or about 5 pounds.

A larger proportion of yeast may be used in winter

The dough ought not to want coaxing under a stove to rise. Our yeast made from good stock brings the dough up fast enough anywhere in a warm room, and bread thus easily raised is always the best and sweetest. Half yeast to half milk or water is better than too little.

If these pocket-book shaped rolls are such general favorites, why are they not universally adopted and found everywhere? The directions a little way back numbered 1 to 7 explain the reason why.

These rolls are very tedious to make and take up one person's time from all other kinds of bread. When business is dull the pastrycook makes them in great perfection for the few people, but as soon as the house begins to fill up the work begins to crowd and the tedious split rolls are discontinued just at the time when they are really needed and would do most good. The remedies are, to leave out the unimportant kinds and give the time to these, and where it is impossible to give these rolls the 5 or 6 handlings, rather than abandon, cut them out instead. To do this, roll the dough to a sheet as if for biscuit. Brush over with melted lard. Cut out and double over. French rolls made without yolk of egg will come out the smoothest-looking when baked, if made that way.

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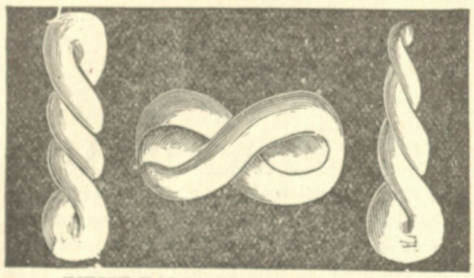
554. Butter Rolls.

Sometimes called tea cakes, and also Sally Lunn.
2 pounds of light bread dough.
1 ounce of sugar (a spoonful).
4 ounces of butter.
3 yolks of of eggs.
1 teacup of milk or cream.
1 pound of flour to work in.

Take the dough, already light, 4 hours before the meal, and mix in all the ingredients. Let rise 2 hours. Knead, then make the dough into round balls and roll them flat. Brush over with melted butter and place two of the flats together, one on the other. Press in the center. Rise an hour, and bake. When done, slip a thin shaving of fresh butter inside each and brush the top over slightly, too. Should be made very small if to serve whole, or as large as saucers, to cut.

555. Fancy Twist Rolls.

For variety's sake a few simple shapes should be practiced, besides the plain, round and oblong kinds



TWIST ROLLS OR COFFEE CAKES.

556. Sandwich Rolls.

1 pound of puff-paste.
2 pounds of French roll dough.

Roll out in thin sheets, separately, place one on the other, fold over in three, like pie paste, and roll out thin. Fold over and roll out once more; then cut out and butter and fold over to make pocket-book rolls, or else in round biscuits. Rise and bake same as rolls. When no pie paste on hand, butter may be spread and rolled into the dough with the same effect.

557. Finest Hotel Bread.

Sometimes called Vienna bread, and French bread.

Make the dough by the receipt for French split rolls, and knead it several times according to the extended directions already given for common bread.

This makes bread so white and fine that it vies with the napkins on the best appointed tables, and elicits admiration from the most fastidious. It is a feather in the hotel baker's cap when very particular, excellent and discriminating housekeepers outside, send to beg a loaf of this extra fine bread for their company days. That's the only sort of premiums hotel fellows are ever allowed to win. Remember, this bread should be kneaded 3 or 4 different times, at intervals apart.

558. Doughnuts for the Million.

A regular Cape Cod man with whom we parleyed, * * * he looked as if he sometimes saw a doughnut, but never descended to comfort—too grave to laugh, too tough to cry, as indifferent as a clam. * * * He stood in front of us telling stories and ejecting tobacco juice into the fire right and left. * * * At breakfast we had eels, buttermilk cake, cold bread, green beans, doughnuts and tea I ate of the apple sauce and the doughnuts, which I thought had sustained the least detriment from the old man's shots.—*Thoreau—Cape Cod.*

Why does everybody laugh when there are doughnuts in the case? Even Thoreau, who laughs but seldom. There is a pleasant little piece about doughnuts in the *Congressional Record*, that was spoken by a Pacific coast senator—it is too long to repeat here—and it is said all the senators laughed at that. But if we place on the board some royal doughnuts, perhaps the original kind with their original German name *krapfen*—krapfen with apricots or with cheese, or flavored with orange flower water, it looks as if it will be hard to find the fun that dwells in native doughnuts, and, essentially, that is all these are, though they have appeared in regal bills-of-fare.

559. German Puffs.

1 pound of light bread dough.
6 ounces of butter.
2 ounces of sugar.
½ cup of milk.
10 yolks of eggs.
1¼ pounds of flour.
Little salt.

These can only be made the soft, light yellow puff-balls they ought to be, by a strict and thorough method of working the ingredients together.

Take the dough 6 hours before the meal and mix in the butter, sugar, milk and salt. Set in a warm place awhile, then thoroughly beat together. Add two yolks at a time and flour by littles alternately, beating against the side of the pan. Then turn out the dough and knead it on the table. Set away to rise about 3 hours Knead the dough twice more, as directed for rolls, but more thoroughly, till air will snap from the edges when pinched. Mould out in little balls. Brush these over with melted lard to prevent hardening outside. Rise half an hour or more on greased pans. Fry in sweet lard. May be sugared over or served with sauce, or as doughnuts, cold. They soak grease if raised too much

560. "Little Pittsburgh" Doughnuts.

These are doughnuts with a little history attached—but let us make them first.

4 pounds of light bread dough.
8 ounces of sugar and syrup mixed.
2 eggs.
2 or 3 ounces of lard, melted.
Powdered sugar to dredge over.
Lard to fry.

Take the dough from the breakfast rolls, say at 9 in the morning, in Winter. In Summer the dough worked up at mid-day will do. Mix in the ingredients, let stand half an hour. Work up stiff with flour sufficient, and set to rise about 4 hours. Then knead, and roll it out to a sheet. Brush over the whole sheet of dough with very little melted lard. Cut out with a two-pound tomato can, and cut out the middle of each with a little empty two ounce ground cinnamon can. This makes rings, which

must be set to rise on greased pans about ½ hour, then dropped in hot lard. Sift sugar over when done. They cook in about 5 minutes.

When Leadville first began grinding in crowds of mining men poor, and grinding them out rich, the poor men as they went in were often hard put to it for something to eat, and they never laughed at a doughnut, but treated it with respect. As saloons, boarding houses, clothing stores, stables, theatres, and even saw-mills and wood yards hastened to call themselves the "Little Pittsburgh," for the very famous mine which was at first the life of the camp, the bakers did likewise, and the makers of the preceding excellent doughnuts finding them a sort of bonanza as yet undeveloped, hastened to call them Little Pittsburghs, too. Pursuing this vein they went on and advertised extensively. You could get a Little Pittsburgh doughnut for ten cents at any hour of the day or night, and a glass of dried-apple cider for the same price; but in a commutation arrangement you could get a doughnut and a glass of the cider together for fifteen cents. So Little Pittsburgh doughnuts became a part, and indeed, a leading feature of the camp. They were in two-line local notices scattered all through the papers, so that nobody could miss them. It seemed, in fact, as if all the news was gathered for the express purpose of drawing attention to doughnuts. One day it would be:

"Two hundred and fifty thousand dollars has been offered and refused for the Chrysolite mine." And as a sequel:

"There's nothing in camp can equal those Little Pittsburgh doughnuts." Or, perhaps:

"Our esteemed fellow citizen fell down a shaft 500 feet deep, last evening. He struck on his head and probably never knew what hurt him."

"O! those Little Pittsburgh doughnuts are so very fine, if you try them once you'll buy them every time, at the Union Bakery."

So, although the doughnuts were always the same, there was always something fresh and pleasant to give them a new zest Sometimes it would be only a hanging, or a midnight garroting, but the chorus of doughnuts kept right on at the end of every performance, great or small. As a consequence these doughnuts had a great run. It is hard to fathom motives. Perhaps some people ate them for spite, trying to abolish them and their "damnable iteration," but of course that was useless, there were plenty more where these came from. They were placed in a tentative way on the best hotel tables, and they took—or at least the people took and partook. Evidently these Little Pittsburghs were popular with all.

But the halcyon days of ten-cent doughnuts were short and few, for soon competition came and began cutting them out with three-pound tomato cans instead of two-pound, making them so much larger. Not satisfied with that, other competitors left out the eggs and half the sugar and sold at five cents. There was no margin to pay for advertising in that. Little Pittsburgh doughnuts weakened and came down and the advertising ceased. None may know what subtle connection there may be in the cases, but both the Leadville newspapers soon after died, and the Little Pittsburgh mine itself experienced a temporary collapse. I think it would have paid both the papers and the mining company to have gone on advertising the doughnuts at bed-rock prices, or even free, for when they left them out they left out the spice of the paper, and as the doughnuts had boosted Little Pittsburgh it would only have heen fair for Little Pittsburgh to boost—but it is useless moralizing.

The next are the cheap, light-colored and large doughnuts that knocked the bottom out of the rich, brown Little Pittsburghs.

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561. Cheapest Doughnuts.

Made without Eggs.

4 pounds of bread dough
6 or 8 ounces of sugar
4 ounces of butter or lard

Make same way as the preceding. Take care to have the sugar all well dissolved, and having kneaded the dough very thoroughly do not let the doughnuts rise much, lest they soak up grease.

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562. Bread Doughnuts.

Only plain dough, or French roll dough. Cut out biscuit shapes, let rise, and fry. These are very often found at railroad lunch stands; nearly as cheap as bread and butter, and very saleable.

There is a suspicion of tautology in the direction sometimes given to fry in *hot* lard; however, that is the shortest way of saying the lard should be already hot.

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563. Some Krullers.

The cakes at tea ate short and crisp.—*Goldsmith.*

Cruller, Kruller. Old English, crull, curled; crule to curl. German, krulle, something curled.

A curled or crisped cake boiled in fat — *Webster.*

The bakers for doughnuts, but women should make the crullers every time. Too heavy a hand with the sugar and, worse still, with the baking powder will make them a burning disgrace, a greasy stain upon hotel cookery. Besides, only women know how or have patience to curl crisp crullers into wonderful knots, twirls, twists and ringlets.

The primitive form of cruller is plain beaten biscuit dough, rolled extremely thin and cut into ribbons, then fried. A handful of sugar added to the dough makes a better kind, and many are the

people in the domestic world who would not give them in exchange for any more cake-like varieties.

For hotel supper tables, to change with doughnuts, the following are the best.

564.

Crullers. Best and Quickest.

2 pounds of flour.
3 or 4 teaspoonfuls of baking powder.
Large half pint of milk.
4 ounces of butter.
6 ounces of sugar.
4 eggs. Salt. Nutmeg flavor.

Mix the powder in the flour. *Dissolve the sugar* in the milk, add the eggs, and the butter melted, salt and flavor. Pour this fluid mixture into the middle of the flour and mix up like biscuit. Cut out and fry right away. A quick way to shape them is to cut in rings with a double cutter, having a small cutter in the middle, and another way is to cut the thin rolled sheet in bands with a paste jagger, and divide that into pieces like three fingers attached at one end—or like a fork head. *Sugar over* when done.

These crullers take twice as much time to fry as doughnuts.

565.

Richest Crullers, or Fried Cakes.

Good to keep, to send to folks by stage or express, or to pack up for a fishing party or a mountain climbing. Don't put any baking powder in them.

12 ounces of powdered sugar.
6 eggs. Flavoring.
Half cup of milk.
6 ounces of butter.
2 pounds of flour.

Mix up like cake, by creaming the butter and sugar together, then beating in the eggs and milk and flour. Roll out, cut in shapes and fry.

In addition to the foregoing, it may be useful to remember, all the rusks, buns and brioches can be fried as doughnuts when there happens to be more dough than is needed to bake.

566.

Albany Rolls. Vienna Rolls. Delavan Rolls.

Make good roll dough with the finest flour and knead it well in layers as already directed for other varieties.

The milk bread dough is understood to be the proper article, but the hotels where milk can be had for bread-making must be very few, and no person not otherwise informed can tell the difference betwixt that and our French roll dough.

1. Mould out little balls as for split rolls.
2. Roll these out in shape of plates, and *very* thin.
3. Fold these by bringing over two opposite edges and making them meet in the middle, and then bring over the other two edges likewise, making a square piece of folded dough.
4. Roll this out a little flatter, brush over with melted butter or lard, and fold over like other split rolls. They are square ended instead of half moon shapes.

This is the slowest and most tedious of all shapes, but the rolls are almost as flaky as pie paste.

567. BRIOCHE AND RUSKS,

For Breakfast, Lunch and Tea.

Perhaps you want to know what sort of a breakfast one gets at Young's. I wish this was an essay on housekeeping, so that every point could be enlarged upon. But the same wonder comes up at every notable restaurant, why people can't have just as good eating at home every day and why they never by any possibility do so. Why the dining-room cannot be as cool, as orderly and spotless, the melon as crisp, the salad as fresh and piquant, the cutlet as brown without, as melting and juicy within, or the bread and butter as perfect as that at Young's, will always be remarkable to any one condemned to domestic interiors.—*Boston Letter in N. Y. World.*

Dust unto dust; what must be must.
If you can't get crumbs, you had best eat crust.
—*Old Song.*

She would talk of the last tragedy with the emphatic tone of a connois eur, in the same breath that she would ask, with Maria Antoinette, why the poor people were so clamorous for *bread* when they might buy such nice *brioche* for two-pence apiece —*Bulwer-Pelham.*

The above allusion to brioche appears in nearly the same words also in one of Dumas' prefaces—"Louise de la Valliere"—I think, but the solecism circulates with the point upon other articles of diet as well; as in one place the surprise is that poor peasants should *prefer* potatoes to meat, and only last month, in a magazine, it was a "French princess," and "chicken broth."

So far as living on the best of bread goes, there need be no reason why people condemned to domestic interiors should have to suffer from the comparison with those in hotels and restaurants, for after the details of the simple art of making it, set forth in these columns, there is only needed diligence and a proper degree of pride in the resulting product.

The English are corrupting our language dreadfully. They call our crackers biscuits; our biscuits they call Scotch scones; our muffins, if they have them, seem not to be called muffins, for that name is given to a poorer sort that is baked on a kind of griddle, and in like manner they call our rusk buns, while fresh and hot, and only accept them as rusks when sliced and dried brown in the oven.

Brioches and French rusks, the half dozen varieties of hot breads which seem to be popularly associated with those names in the United States, are unsurpassed for the afternoon teas which are becoming fashionable, and for lunch, and for French breakfasts of bread and coffee.

We find "*brioche, with cheese,*" and with fruit, also forming parts of a course in some "royal" dinner *menus.*

At the great meat, fowl, fish and potato suppers and breakfasts of American hotels, these kinds seem to find no proper place. They are well worth practicing, however, for more domestic occasions, and have always been considered the highest test of skill in bread-making.

568. Brioche, or Butter Rusks.

1 pound of good, lively, roll dough.
6 ounces of butter.
2 ounces of sugar.
Half cup of milk or cream.
10 yolks of eggs.
Little salt.
1¼ pounds of flour.

They require 5 hours time to make, raise and bake.

Warm the butter, sugar and cream, with the dough, together in a pan, and then mix thoroughly. Beat in the yolks, two at a time, and most of the flour, gradually bringing the mixture to a smooth, yellow dough. Then knead it thoroughly, and after that set it away to rise. In about three hours knead the dough the second time, and an hour after knead once more, then make out as directed for French rolls and notch the edges with a knife, to make the shape shown in the cut of rolls.

They rise and bake in the same time as rolls. Brush over with butter when done.

569. The Many Uses of Brioche.

It being eminently French, and every French cook making brioche by a different reeeipt—usually with more butter than the foregoing—as might be expected, this unsweetened kind of cake figures considerably in French cookery. One says it is a spongy kind of cake resembling Bath buns. Another says it should be rich, yellow and like a sponge, whence it takes its name. One mixes raisins, currants and shred citron in it for lunch and tea bread, and makes it in various fancy shapes and twists, also in large cakes. Another bakes the dough in form of round rolls, cuts off the top, takes out the crumb and fills with chicken or other meat, or, bakes in little moulds like oval gem pans, removes the inside and places in the shell or timbale thus made a cooked bird with its gravy and dishes a pyramid of these on a napkin. Still another steeps slices of brioche in orange syrup and fries them inclosed in batter as fritters; and at a costly and elegant dinner given in New York, on last Christmas, "brioche crusts, with fruit" appeared among the pastries. But the following sweet varieties might be employed for that.

One point in bread making that, like hand-moulding, can only be learned through practice is the right pitch of lightness to be allowed. Some stress has been laid on the lightness, sponginess and large size of rolls and loaves, because of the aversion we all have to heavy bread, which is ruinous to health. The inexperienced are cautioned against running to the other extreme There is a point when the rolls have reached a certain height they begin to settle out of shape and to crack open. A little before this is the time to bake.

Butter rusks of our pattern should open and curl backwards in baking, therefore should not be brushed over with butter when panned as rolls are.

570. French Sweet Rusks. Richest.

The receipt for making these is inquired for at places where they are made in perfection, perhaps oftener than any other. They are cakes rather than bread; very showy, and never fail to attract notice. Should only be attempted with the strongest yeast or lightest dough, as they are otherwise slow to rise. The art to be acquired through practice is to make them *elastic* and pleasant eating, not clammy like half-baked bread.

1 pound of light dough.
6 ounces of butter.
4 ounces of sugar.
6 yolks and 1 whole egg.
Half cup of milk.
Flavoring as indicated below.
1¼ pounds of flour.

If for afternoon tea, take the dough from the breakfast rolls, and six hours before the rusks are wanted place it in a pan with the butter, sugar and cream. Let all get warmed through and the butter softened, then mix them thoroughly. Next add the eggs and flour by littles, alternately, beating the mixture up against the side of the pan, to make it smooth and elastic. Spread the last handful of flour on the table, knead the dough as for rolls, pressing and spreading it out with the knuckles, and folding it over repeatedly. Set it in a warm place for 2 or 3 hours. Then knead it the second time. Every time the dough is doubled on itself the two edges should be pressed together first. When the dough of this and of the brioche receipt is good and finished it looks silky, and air will snap from the edge when it is pinched. After this sec-

ond kneading the dough should stand an hour and then be kneaded once more and made into shapes The smaller notched shape in the engraving of rolls is perhaps the best for these. Do not brush over the tops with butter lest they run out of shape. Rise in the pans 1½ hours. Bake in a slow oven fifteen minutes. Brush over when done with sugar, egg, and water, mixed and flavor with vanilla, and dredge granulated sugar over.

A little flavoring may be added in the dough; either vanilla extract, vanilla and rose mixed, orange or nutmeg; but for a nice variation grate in the rind of one or two lemons and squeeze in some of the juice.

If to be made overnight without light dough for a start, all the ingredients can be mixed at once by taking a pint of yeast and half pint of milk—or nearly all yeast—adding all the other articles and flour to make soft dough.

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571. French Sweet Rusks.

Best Every-day Sort.

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2 pounds of light dough.
4 ounces of sugar.
4 ounces of butter.
4 yolks of eggs.
Large half cup of milk.
Flour to make it soft dough.

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572. English, or Hot Cross Buns.

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1 pint of "liquor"—being half yeast, half water or milk.
1 teaspoonful of salt.
4 ounces of sugar.
4 ounces of butter, melted.
2 eggs—or 4 yolks, better.
Nutmeg or other extract.
Flour to make soft dough.

Mix up everything at once. Manage according to extended directions for rusks. Make into round balls flattened. Brush over with syrup when done.

But then rusks will still be dry rusks or "tops and bottoms," according to some understandings of the term, and hotel pastry cooks are often called on to make them at pleasuring places, for wine parties, and for out-door occasions.

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573. Brussels Rusks.

Take, for preference, the dough made by the receipt for rusks designated as the best every-day sort, and when finished make it in long loaves and bake in tin moulds of brick shape. When a day old slice these and brown the slices in the oven.

Brioche dough is used in the same manner as the above, and also with carraway seeds mixed in. A teaspoonful does.

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574. Marlborough Rusks.

Make the one pound common sponge mixture—it has already been twice given in the book of puddings—and add thereto one ounce of carraway seeds. Bake in long, narrow moulds. When a day old slice, and brown the slices in the oven. These crisped slices can be kept a long time, and serve much the same purpose as sweet crackers.

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575. Russian Wine Rusks.

This and the next succeeding kind want the same skill in making that sponge cake does. They belong properly to the department of cakes, and may be used as such as well as in the form of dry rusks.

14 ounces of granulated sugar.
12 eggs.
8 ounces of almonds.
8 ounces of unbolted flour.
1 teaspoonful of almond extract.

Crush the almonds with the rolling-pin on the table without removing the skins, and then mix them with the half pound of graham flour—which should have the coarsest bran sifted away from it before weighing. Beat the sugar and eggs together in a cool place about half an hour. When perfectly light and thick stir in the flavoring and the flour and almonds. Bake in long, narrow moulds. Slice, and brown the slices in the oven.

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576. Anisette Rusks.

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8 ounces of granulated sugar.
10 eggs.
4 ounces of almonds.
6 ounces of flour.
A quarter ounce of anise seed.

Mince the almonds as fine as possible, and without taking off the skins. Mix them and the anise seed with the flour dry. Then beat the sugar and eggs quite light, as for sponge cake, and lightly stir in the flour, etc. Bake in long and narrow moulds, and when a day old slice, and brown the slices on both sides in the oven.

Muffins, Waffles, Gaufres, Flapjacks

At last, to be sure, Mr. Warrington burst into a loud laugh. It was when the poor chaplain, after a sufficient discussion of muffins, eggs, tea, the news, the theatres, and so forth, pulled out a schedule of his debts.—*Thackeray's Virginians.*

There were piping hot wheaten cakes—no Indian bread, for the upper part of Maine, it will be remembered, is a wheat country—ham and eggs, and shad and salmon, tea sweetened with molasses, and

sweet cakes in contradistinction to the hot cakes not sweetened, the one white, the other yellow, to wind up w th, Such we found was the prevailing fare, ordinary and extraordinary, along this river.—*Thoreau-The Maine Woods.*

Beautiful evening! For thee all poets have had a song * * We love to feel the stillness, where all, two hours back, was clamor. * * We love to fill our thoughts with speculations on man—even though the man be the muffin man.—*Bulwer-Paul Clifford.*

577. English Common Muffins.

Baked in rings on a huge griddle and carried around to customers, from the shops. Simply a common bread sponge of the cheapest, the muffins being pulled apart and toasted, almost invariably, before they are eaten.

2 pounds of flour.

1 quart of mixed water and yeast.

1 tablespoonful of salt.

Mix the above together carefully, to have no lumps in it, at noon. The water should be warm and the sponge set to rise in a warm place. At about 3 beat the sponge thoroughly, and the longer the better, with spoon or paddle, and let rise again. Beat up again before using. Set tin rings the size of saucers on the griddle, half fill them with the batter, let bake light brown on the bottom, then turn them over and bake the other side. The batter should be thicker than for pancakes and thinner than fritters.

The preceding being the cheapest made for sale, private parties make richer qualities with milk and a little shortening.

The Boston muffin man had a name for some kind of a hot breakfast and tea cake which the great word-catcher dictionaries have failed to rake in. The word was pyflit; his painted sign read "Muffins, Pyflits, Oatcakes, Goffers, Made Here by ———." His place was a red brick, private house on Liquorpond street—of course everybody knows Liquorpond street, Boston—it leads into High street on the north and the Witham river runs at the back of the old brick stores on the further side of that, and the river itself is as lively as a street when the tide is up, although its channel to the sea is only maintained by means of bundles of wicker stuff, like the Mississippi jetties. The muffin man used to start out punctual to the moment, morning and evening, and cry "muffins and pyflits"—and them only, so his literary customers must have known what "pyflits" meant. In that they had the advantage of these columns. In saying literary customers we only give honor where honor is due, for Boston has always been famous for literature and good hotels. The Roberts Brothers were located in Narrow Bargate, opposite the "Red Lion Inn" They used to issue a compendium with their almanac, and tried to please the Middlemarch people and "lay over" John Noble, the other bookseller, by leaving out the horse-doctoring matter and signs of Zodiac, and putting in fine pictures from the art union instead. These Roberts', striking into a new path right through the fences of old custom, were both young men. But of the hotels, the "Peacock" was the one patronized by the American travellers. (Hawthorne's England and Italy.) The "Red Lion" was frequented, principally, by "Cripps, the Camer," and the "White Hart" by the farmers, and the "White Horse" by market people. Boston steeple, that most remarkable landmark, towers, an architectural glory, into the world of rooks and crows, three hundred feet above these all. It can be seen thirty miles out at sea, and from Lincoln Minster, thirty miles the other way. But of course every Bostonian knows of the presence of this great tower, although he may never raise his eyes to look at it so common, nor care to remember old John Cotton, the preacher. But the Boston muffin man with his mysterious pyflits, not to be found in the unabridged, was an object of more immediate interest. The people "off the Skelligs," and John Halifax, Gent, should know what pyflits are, but as for us we can only jump to the mild guess that they must have been crumpets under an ancient name.

578. Cheapest Yeast-Raised Batter Cakes Without Eggs

English Crumpets.

1½ pounds of flour.

1 quart of warm water.

1 cupful of yeast.

1 basting-spoonful of melted lard.

1 " " of syrup

1 small teaspoouful of salt

Mix all the ingredients together like setting sponge for bread—with very cold water if made over night for breakfast, or else 6 hours before the meal with warm. Beat thoroughly both at time of mixing and just before baking.

Such cakes as these, baked rather dry and not too thin, are made and sold in shops which have no other business but these and muffins in all the cities.

The "crumpets" are commonly toasted in their native lands.

579. Wheat Batter Cakes. "Flannel" Cakes.

2 pounds, or quarts, of flour.

2 quarts of warm water.

1 cup of yeast.

1 basting-spoonful of syrup.

4 ounces of melted lard.

4 eggs. Salt.

Mix the flour into a sponge with the yeast and

water, either over night or 6 hours before supper. An hour before the meal add the enriching ingredients and beat well.

580. Baking Powder Batter Cakes.

Mix up, just before the cakes are wanted as in the preceding receipt, but without yeast. Just before you begin to bake add two or three large teaspoonfuls of baking powder, take the large wire egg whisk and beat the batter thoroughly—a vast improvement.

Hotel cooks probably have different estimates of the public likes and dislikes from other and domestic peoples'. Their opportunities are different. The conditions are different. The restraints are removed from the people who eat, and they indulge their tastes without the hindrances of economic considerations. The cooks know no individuals, but as the tide comes and goes they learn what the tide of humanity likes to consume the most of. For instance, one favorite article which is not found half often enough is graham cakes.

581. Graham Batter Cakes.

1 pound of graham flour, not sifted.
1 pound of white flour.
1 quart of warm water.
1 cupful of yeast.
2 eggs. Salt.
2 ounces of syrup.
2 ounces of melted lard.

Set the batter as a sponge like other yeast-raised cakes, either over night or 6 hours before supper, and add the enriching ingredients an hour before baking.

And, anything for a change, sometimes your people take streaks, and the prevailing fashion is for rice cakes.

582. Rice Batter Cakes.

One heaping coffee cup of raw rice makes the following quantity:

1 quart of cooked rice.
1½ pints of milk.
1 pound, or quart, of flour.
1 basting-spoonful of syrup.
4 to 6 eggs.
1 teaspoonful of salt.
2 " " baking powder.

Mash the dry-cooked rice in a pan with a little of the milk, which should be warm, till there are no lumps left, then add flour and milk alternately, keeping it firm enough to work smooth. Add the other ingredients and beat well. Buttermilk and soda can be used if desired, instead of powder and sweet milk.

583. White Bread Cakes.

1 pound of bread crumbs.
12 ounces of flour.
3 pints of water or milk.
4 eggs. Salt.
2 teaspoonfuls of baking powder.

Remove all the dark crust from the bread, and then soak it in a quart of the water several hours, with a plate to press it under. Mash smooth and add the flour, the pint of milk or water, eggs and powder. It always improves batter cakes to beat the eggs light, before mixing them in. No shortening nor syrup needed for the above.

584. Graham Bread Cakes.

Make like the preceding, with part graham flour, and the crumbs of graham bread.

Corn cakes will be found, with other preparations of corn meal, near the end of this book.

Speaking of the way the English mis-call things, there is a very pretty London cook book making the remark that something in the batter cake line is baked on a "girdle" in Scotland, where "girdles" are in common use, but as they are little known in England the cake must be baked on the stove plate. The idea of calling a griddle a girdle! The griddle is in common use in New Jersey, but is little known in York State. And if no griddles in England what do they do for buckwheat cakes? Dreadful supposition—perhaps they have none! Time for somebody to start American kitchens over there. So that is the reason why Scotland is apostrophized as

"Land o' cakes! and John o'Groates,"

And barley bannocks; and England is not honored with any such title—how can she be, with no "girdles.", What is home without a "girdle?" Her people are emigrating.

585. Buckwheat Cakes.

2 pounds of buckwheat flour.
2 quarts of water.
1 cupful of yeast.
1 teaspoonful of salt.
1 large basting-spoonful of syrup.
1 " " " of melted lard.

Make a sponge or batter, overnight, with the warm water, yeast and flour. In the morning add the enriching ingredients, beat up well and bake thin cakes on a griddle

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The great majority of people prefer buckwheat cakes with about a fifth part corn meal mixed with the buckwheat. And twice as much shortening as above will please them better. No eggs need ever

be used with buckwheat.

After the first mixing with yeast some of the batter may be saved and used instead of yeast for several succeeding days. A teaspoonful of carbonate of soda may then be needed to be mixed in the batter n the morning, but cakes made that way, for some reason, are more palatable than with sweet yeast—care being taken to proportion the soda to the degree of slight sourness.

586.

The neatest way to grease the cake griddle is with a piece of ham rind cut off large for the purpose, and the batter should be poured from a pitcher, or a can having a coffee pot spout.

Where the smoke and smell is an objection the cakes can be baked just as well without grease, not only on soapstone griddles but on iron ones as well, if they be rubbed with a cloth after every baking, to keep them polished. We do not insist on the adoption of the cleaner plan, because cakes half fried are eaten with a better relish than the others—and hotel cooks are not expected to be reformers.

587.

Goffers are gaufres, and they are wafers, or thin cakes, whence waffles, which are, or used to be, called also soft wafers But thin cakes were of more than one sort. Almond gaufres and some others are a kind of candy cakes, thin and crisp. Flemish gaufres are our waffles, but made so rich that they are used as a pastry dish for dinner with jellies and marmalades. They are also used in all their richness for breakfast, where expense is no object, but can hardly come under the head of breakfast bread in ordinary. The next receipt is the happy mean which just suits.

588. Hotel Waffles.

3 pounds of flour.
3 pints of milk or water.
1 pint of yeast.
5 ounces of sugar or syrup.
8 ounces of melted lard or butter.
1 tablespoonful of salt.
10 or 12 eggs

If for supper make up a sponge at noon, plain, with flour, water and yeast. At 4 o'clock add the enriching ingredients, beat up well.and let rise again till 6, then bake in waffle irons.

589. Waffles for Early Breakfast.

The waffle batter of the foregoing can be set over night with cold water, but it saves making a separate sponge when there is roll dough ready in the morning to take 2 pounds of the dough and work in the butter melted and a little of the milk made warm. Let stand a few minutes, then beat smooth, adding the rest of the articles, and in an hour it will be ready to bake.

590. Waffles with Self-Raising Flour.

Or with baking powder, or buttermilk and soda.
2 pounds of flour.
2 quarts of milk (nearly.)
4 whole eggs.
12 yolks.
8 ounces of butter, melted.
1 basting-spoonful of syrup.
1 teaspoonful of salt.
Powder, 2 teaspoonfuls if common flour be used.

Mix up just before the meal, like battercakes gradually, with the milk in the middle of the flour to avoid lumps The eggs should be thoroughly beaten.

591. Flemish Waffles, or Gaufres.

Very rich and delicate when directions are followed. This is only half the quantity of hotel waffle receipt :

1 pound of flour.
2 cups of milk.
1 cup of yeast.
1 cup of thick cream.
8 ounces of butter, melted.
12 eggs. Salt.
1 ounce or spoonful of sugar.

Set a sponge over night, or else 6 hours before the meal, with the flour, milk and yeast. In the morning separate the eggs, beat the yolks light and add to the sponge, together with the sugar, butter and salt. Beat up well, let rise an hour. Then whip the cup of cream and stir in, and lastly the whites of eggs beaten to a froth.

592. French Sweet Waffles, or Gaufres.

Made without yeast.
1 pound of flour.
6 ounces of sugar.
14 eggs. Salt.
1 pint of milk.
1 pint of cream.
1 ounce of butter, melted.
½ cup of brandy.

Separate the eggs. Mix flour, sugar and salt dry, in a pan. Beat yolks and milk together, pour them in the middle and stir to a batter, smooth and without lumps. Then add the brandy and melted butter. When about to bake whip the pint of cream to a froth and mix it in, and then beat the whites up firm and add likewise. Bake soon, while the mixture is creamy and light. When the batter must stand and wait during a long meal a little baking powder should be beaten in after the lightness of the cream and egg-whites has evaporated. This

makes fine pancakes as well.

593.

As a rule, for those who would excel, it is well to remember that white of eggs makes waffles and pancakes tough and leathery unless added in the form of froth, which carries fine air bubbles into the batter. When not so beaten the cakes will be better with the whites left out altogether and powder used instead, along with the yolks which alone give the richness. Just such fine distinctions as these well observed make the difference betwixt fine cooks and those who loaf, out of employment, on street corners.

594. Baking Waffles.

Waffles, it must be owned, are the terror of hotel cooks in ordinary positions, chiefly because people will persist in taking waffles just before they begin the meal, waffles for the meal, and more waffles just after the meal, making nine hundred orders of waffles for three hundred persons. But as waffles make a house popular and are a means of distancing competition hotel stewards and proprietors often find it good policy to look upon waffles without prejudice, and provide for their extensive manufacture by furnishing the proper waffle range, thus saving a hand and no end of confusion, waste, smoke, inconvenience, profanity and disappointment. Of course this applies to large business. A stove and the common waffle irons may do very well for fifty persons—the guage of these receipts.

Sweet waffles burn so easily that they cannot be baked fast. When waffles do not brown fast enough add sugar or syrup. The only remedy for waffles sticking to the irons is to keep the irons in constant use with scraping and rubbing out with lard while hot, and avoid letting them burn with nothing in them. To bake waffles, pour in one side a spoonful of melted lard, shut up and turn over the iron two or three times and then place a spoonful of batter in each compartment. Shut and turn over to the fire frequently till both sides are brown.

595. Rice Waffles.

1 quart of dry cooked rice.
1½ pints of milk.
1 pound of flour.
4 eggs. Salt.
10 yolks.
1 basting-spoonful of butter.
1 " " of syrup.
2 teaspoonfuls of baking powder.

Mash the rice with the milk, mix up like rice batter cakes.

But to divert attention from waffles it is only necessary to announce clam pancakes. And surely they are a Yankee invention and of local fame only at that, for nowhere in print, not even on clam can-labels can such a dish apparently be found. This is the route by which clam pancakes have reached these columns: A number of pleasure-seeking people occupying the broad piazza and the hundred rustic chairs at a hotel in the shadow of Pikes Peak, between dancing and promenading and the pause in the music got to talking about the sea-side and per consequence about clams. There was one among them who had travelled on the staff of the Grand Duke Alexis, and speaking of various persons' likes and preferences it came at last to "O, clams plain are all very well, clam fritters, clam stew, clam patties, but leaving out chowder there is nothing made of clams equal to our Yankee clam pancakes".

"Why cant we have them here?"

"Why of course we can."

It is true Pikes Peak is a long way from Clamdom but canned clams do very well. The cook had to be instructed, and after that still ventured to ask "What do you eat with them?" "Butter and syrup, just like any the other batter cakes,"

596. Clam Pancakes.

2 cans of clams (2 lb. size).
1 pound of flour.
1 pint of the clam liquor
1 pint of milk. Salt.
10 yolks of eggs.
4 ounces of butter, melted.
A spoonful of syrup.
1 heaping teaspoonful of baking powder.

Cut or chop the clams a little larger than beans. Mix the batter as for other batter cakes, add the clams at last, and bake on a griddle.

There is a biographical dictionary across the street, but no use looking in that for Sally Lunn. Who was she? A muffin peddler? Some common body, else she would not have been called Sally. Perhaps a female "good fellow," who invited folks to take a cup o' tea. Maybe a village Hampden or a Howard, or a female Cromwell guiltless of anybody's blood, yet a great backbiter. But "no further seek her merits to disclose;" she might turn out to have been like a certain Aunt Melissy of Pennsylvania, recently sketched in a magazine, who kept boarders, was famous for her savory pot-pies and doughnuts, but who sold whiskey and swore terrifically.

597. Sally Lunn Tea Cakes.

2½ pounds of roll dough.
4 ounces of butter, melted.
3 ounces of sugar.
2 whole eggs and 2 yolks

Half cupful of milk.

8 ounces of flour.

Take the dough from the rolls at 2 o'clock, and work in the enriching ingredients—the milk warm, and sugar and butter melted in it and eggs beaten light—then add the flour and beat thoroughly.

It makes dough too soft to handle, and like fritters.

Rise 3 hours. Beat again. Divide in four pie pans. Rise half an hour. Bake about 15 minutes. They brown very easily; are not so good when allowed to become too light; should be brushed over with good butter when done. Cut in pieces like pie, but carefully, with up and down strokes of a sharp knife, as it spoils the cakes to crush them with a heavy cut. Should be baked at intervals as the meal goes on, and not sweated in the pans.

The next, and last in this division, are presented as something of a specialty in breakfast breads. They have been very frequently complimented. (always remembering that nothing can quite supplant fine French split rolls) and once I heard this:

"We have penetrated behind the scenes to see if we can discover what particular trick it is that makes these muffins so delicate, so fine and elastic and like a sponge. We have boarded in the G—— House at Louisville, the B—— House at Cincinnati, the B—— House at Indianapolis," (these remarks were made several years ago) "but never met with any to equal these."

"We use here the finest flour, perhaps that's the reason."

"No, it isn't. So they do there, and have the best of pastrycooks, too."

"Perhaps you come to breakfast here at seasonable hours when the muffins are fresh baked and hot."

"No, it is in the muffins themselves and the way you make them."

Perhaps they had been used to regard hotel muffins as dry, little, unpalateable things that would grease the fingers to touch. The receipt for the sort which they esteemed so much better is here given, but that is not all. As was remarked about milk bread, butter rusks, sweet rusks and waffles the thorough beating properly performed with a cutting-under motion, so as to inclose air in the batter, is quite essential to insure fine quality.

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598. Hotel Wheat Muffins.

2½ pounds of light bread dough.

4 ounces of butter, melted.

½ cupful of milk or cream.

5 yolks and 1 whole egg.

2 teaspoonfuls of sugar.

4 ounces of flour.

Little salt.

Take the dough from the breakfast bread at 5 in the morning If French roll dough no sugar need be added. Work the butter and milk in, and set in a warm place a few minutes. Then beat in the eggs and flour and keep beating against the side of the pan till the batter is very elastic and smooth. Rise awhile.

The tin muffin rings should be two inches across and one inch deep. Set them on a buttered baking pan, half fill with the batter—which should be thin enough to settle smooth, and thick enough not to run—let rise half an hour, bake about ten minutes in a hot oven. Bake small lots at intervals during the breakfast.

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599. Muffins from the Beginning.

When no other kind is made and there is no dough ready.

1½ pounds of flour.

1 pint of "liquor"—milk and yeast mixed.

Make a soft dough of the above over night and add the ingredients of the preceding receipt except the flour, Beat up well in the morning.

Sugar in small quantities makes bread crust paper-like, thin and soft. Too much makes bread puddingy. Yolk of eggs counteracts sugar, and dries the bread out, also makes the crust crisp and brittle. White of egg makes thick, tough crust like leather that has been wet and dried. Shortening makes little difference besides lessening the stringiness of well-made bread. Sweet rusks and cakes are slow to rise and slow to bake. Such bread as muffins and Sally Lunn usually rises too fast and too much.

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600. About Baking Powder, and How Not to Use It.

Dost thou think, because thou art virtuous, there shall be no more cakes and ale?—*Twelfth Night.*

After all that has been shown of the manner of making the best of bread without baking powder, it must be plain to see that the way to avoid the injuries arising from baking powder adulteration is to use good yeast instead. The use of powder does not need to be encouraged, it, like many other non-essential articles, is good in its place, but it is the lazy cook's resort; it tends to inferiority in cooking; it causes an expenditure of money for that which is not nutriment but which at its very best is but empty air and at its worst carries after the air a residue of poison. And yet baking powder is good to a certain degree. But how few can make baking powder bread anything but a sorry substitute for bread? In the mining and lumbering regions and such half-civilized places where men in haste and carelessness mix up a sort of biscuit, any way for the easiest, bak-

ing powder is used in such vast quantities as people who live where cooking is done might find impossible to believe. That its manufacture must be very profitable is shown in many ways; by the immense number of different brands, the number of new and expensive ways of putting it up in packages, and of employing agents, traveling equipments and printing and advertising, equaling the sewing machine business of patent times, or patent medicine business of all times, and this without any monopoly for any one. Besides the immense factories of the large cities most of the small cities and outfitting points of the west have firms engaged in the manufacture. Kansas City has one, Denver has two, and of these one alone advertises that it ships from three to four tons of powder per month to the mountain towns. At the same time car loads are arriving of perhaps forty different brands from the east.

Baking powder was first extensively advertised for sale and generally introduced about the years 1845 to 1850. Flaming posters appeared in all the towns calling it German yeast, or baking powder, claiming that a yield of about twenty pounds more bread from a barrel of flour could be had by its use than by yeast raising, on the ground that ordinary yeast changes a portion of the flour into air in fermentation, and claiming for powder the effect of eggs, and another saving. Chemists certificates were appended to say that the powder when evaporated in the bread left only an extremely small remainder, and that was but chloride of sodium, or common salt, and no disadvantage.

Supposing the last to be true, it is on the presumption that either cream of tartar or tortaric acid are used in making the powder, and that they are so perfectly proportioned as to exactly counteract each other and banish each other in the form of air, from the bread. Otherwise a residue of one or other must remain, and other acids and alkalis may be used having the same or stronger effects but leaving still more harmful remainders. Both before and after the introduction of commercial baking powders pastry cooks used to make their own. But cream of tartar was found most unreliable because of lack of uniformity in its adulteration. Some samples would contain so much starch or worse matters that four teaspoonfuls were required to counteract one teaspoonful of soda. With tartaric acid ready powdered the same difficulty was experienced. Tartaric acid in crystals, powdered in a mortar at home as wanted, was the only reliable recourse to avoid having biscuit spoiled either one way or the other. The proportions are one teaspoonful of powdered tartaric acid to two of carbonate of soda—the reverse of cream of tartar proportioned. The *Scientific American* has published a number of different formulas for making baking powders. Many of the manufacturers accuse others of employing cheap but injurious substitutes f r soda and acid, and here is a hint of another kind of deterioration.

A man came around a new western town offering to sell a receipt for making baking powder which was to effect a great saving to all consumers. The price asked for the precious bit of information was one dollar. When my turn came to be canvassed I to'd him that knowing of quite a number of baking powder mixtures already I had just fifty cents worth of curiostiy left to know what he had to impart. So for that sum I obtained the following :

EUREKA BAKING POWDER.

Bi-carbonate of soda, 16 ounces; tartaric acid, 12 ounces; cream of tartar, 2 ounces; fine flour 3 pounds.

There is two pounds of real baking powder and flour enough added to make five pounds weight. Starch has more the appearance of real baking powder than flour. Does not this go far to explain the variations in strength and the inducements to push the sale of cheap powders? Cost price of flour, 4 cents; starch, 10 cents; selling price of powder the difference.

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601. It being our sole business to teach how to make good bread and to inquire into the nature of the obstacles that throw us, we have no remedies to offer against these adulterations other than the first mentioned, viz: to use little or none at all, and employ good yeast instead. In the palmy days of French cookery, when culinary excellence was carried, under the auspices of fashion, to an extreme never surpassed since, baking powder was unknown, and the bakers' more objectionable carbonate of ammonia was unthought of. The finest cakes were made light either with brewer's yeast, like those at the end of this book; with air beaten in mechanically, like our common sponge cakes; or with the fine particles of cold butter as in pound cake—the same agent that imparts such extreme lightness to puff-paste. Waffles and pan cakes at the same time were made of extreme delicacy by means of white of eggs whipped to a froth, being really a mass of air bubbles, fine as snow, incorporated in the mixture, there to expand in the heat of baking and raise the whole.

Baking powder is the cook's labor-saving friend, but if the friend be treacherous and unreliable shall we not accept his good offices with caution? All we can gain from him is gas to expand into big holes in the bread in the oven, and a teaspoonful of soda to a pint of sour buttermilk yields the same. In "old fashioned" gingerbread a teaspoonful of soda added to the raw molasses makes a gassy foam just the same, and, independent of all the half dozen ways

already shown of introducing air for lightness into food compounds, there is the purely mechanical utilization of atmospheric air of the following method.

602. Virginia Beaten Biscuit.

Old-Fashioned Way

There has to be a maul, or Indian club over 2 feet long, and a stout table, for the beating. The biscuit will not be right unless you have the maul made of hard maple, square-shaped at the heavy end, but waving, so as to make uneven hollows in the dough and a hole in the handle for a string to hang it up by.

3 pounds of flour.
1 large teaspoonful of salt.
4 ounces of butter or lard.
3 cups of milk or water.

Have the milk tepid, mix the melted butter and salt with it, and wet up the flour—nearly all—into soft dough. Knead it to smoothness on the table, and then beat it out to a sheet with the maul, fold it over on itself and beat out again.

There is no established limit to the times the dough may be beaten out, but after a few times it begins to break instead of spread. This injures it, and an interval should be allowed for the dough to lose its toughness. The air in the hollows beaten into the dough makes it very light, and white and flaky

Modern innovators on the preceding practice add a teaspoonful of soda sifted into the flour and mix up with buttermilk, beating besides in the regular manner.

There are few things more generally acceptable in some localities than beaten biscuit rolled out very thin and fried.

So that if baking powder were banished from the culinary world for the sins of its makers there would still be cakes and ale as of old. If we may believe the advertisements there is one brand of powder that is pure and honest, but is not that reducing our means of safety to a very slender plank? For if by any accident a little of some other powder should get mixed with that one there would be a terrible state of affairs!

Baking Powder Bread.

He found her presiding over the tea and coffee, the table loaded with warm bread, both of flour, oatmeal, and barley-meal, in the shape of loaves, cakes, biscuits, and other varieties, together with eggs, reindeer ham, mutton and beef ditto, smoked salmon, marmalade, and all other delicacies which induced even Johnson himself to extol the luxury of a Scotch breakfast above that of all other countries. A mess of oatmeal porridge, flanked by a silver jug, which held an equal mixture of cream and buttermilk, was placed for the Baron's share of this repast.—*Waverly—Chap. XII.*

I could write a better book of cookery than has ever yet been written; it should be a book on philosophical principles.—*Dr. Johnson.*

603. Baking Powder Biscuit.

2 pounds or quarts of flour.
4 ounces of melted lard or butter.
4 teaspoonfuls of powder.
1 " of salt.
1½ pints of tepid water or milk.

Mix the powder in the flour dry. Place the melted lard in a hollow in the middle, the salt and water or milk with that, and stir around, drawing the flour in gradually so as to make a smooth, soft dough. Turn out on the floured table. Press the dough out flat with the hands, fold it over again and again and press out till it is compact, even, and smooth. Let stand 5 minutes. Roll out and cut into biscuits. Bake immediately.

Of all the atrocious frauds in the way of bread perhaps the worst is the baking-powder biscuit of unskillful cooks, sometimes found in boarding houses and low-priced restaurants. The compulsory spoiling of biscuit through excessive economy of ingredients may be pardonable in the cooks, but the atrocity of spoiling them with too much richness and wrong way of working, never. Such biscuit are yellow, dirty on the bottom, greasy to the touch; they have rough sides, no edges, for they rise tall and narrowing towards the top; they are wrinkled and freckled and ugly; they will not part into white and eatable flakes or slices, but tumble in brittle crumbs from the fingers, and eat like smoked sawdust. Strange, that the same materials should make things so different as these and good biscuit.

Biscuit dough should be made up soft. The shortening should be melted and added to the fluid milk-warm, to insure thorough incorporation.

The private house way of kneading the dough up into dumpling shape, perpetually breaking the layers and making the parted edges take up too much flour, is the wrong way that ruins biscuit. The right way is given in the receipt.

604. Baking Powder Bread.

Because we in hotels are accustomed to make every article as rich as is allowed it should not be forgotten that shortening is by no means essential to make good biscuit, and the preceding receipt for biscuit is just right for loaves of baking powder

bread if the shortening be left out.

605. Imitation French Rolls, with Baking Powder.

"Vienna Rolls."

2 pounds or quarts of flour.
4 heaping teaspoonfuls of powder.
2 " " of sugar.
1 " " of salt.
4 tablespoonfuls of butter or lard, melted.
2 yolks of eggs.
1 large pint of milk.

See directions for biscuit and make this dough same way. After it has stood a few minutes to lose its springiness make into split rolls. Cutting out is the quickest, and best for baking powder dough. See directions for French rolls. Brush over with melted lard in the pans. Let stand 20 minutes to rise, if convenient. Bake as usual.

When a seidlitz, or any effervescent powder is dropped into a glass of water the gas produced rushes to the top and immediately escapes, but if a portion of a raw egg be mixed in the water first, or some dissolved gum arabic, it catches and holds the gas on top in the form of froth, as in soda syrups. The same effect in some degree is observable when an egg is mixed in baking-powder bread. A film is formed that holds the air, the dough may be allowed a few minutes to become lighter, and the rolls are more spongy than if made without.

Repetition, if odious to the thorough reader, is unavoidable in a cook book, where people seeking but one article will overlook all else.

606. ow Flake Rolls or Biscuit.

Another way of using powder by working it into the dough. Worth practicing. Very white.

2 pounds or quarts of flour.
4 heaping teaspoonfuls of powder.
1 do do of salt.
2 basting-spoonfuls of melted lard.
1 large pint of milk.

Mix up like biscuit but only put in a fourth part of the powder. Mix the rest with a handful of flour and sprinkle it over the dough every time that it is pressed out to a sheet. Knead long and well. Let stand awhile. Cut out thin. They rise.

607. Buttermilk Sweet Rolls.

Cheap and off-hand. Often made at stage stations and village inns.

2 pounds of flour.
2 teaspoonfuls of carbonate of soda.
4 ounces of butter.
4 ounces of sugar. Salt.
2 eggs and 2 yolks more.
1 large pint of buttermilk.

Sift the soda in the flour. Mix all the other articles with the buttermilk. Make up like biscuit or Vienna rolls. Glaze or sugar over when baked.

The yellow specks in the crust for which the soda is blamed are oftener due to the particles of curd of sour milk, which brown quickly in the oven. If you use "clabber," pass it through a seive first.

Corn Bread, Corn Muffins, Batter Cakes, Etc., Etc.

The perfect receipts for all needful preparations of corn meal appeared in these columns some time ago, and can be found in their place among these "breads" by means of the index.

608. Some Yeast-Raised Cakes.

There was a table covered with cakes made in a variety of emblematical shapes * * * representations of crosses, fonts, books, and one huge cake in the centre in the form of a bishop's mitre.—*Dumas.*

Three pounds of sugar; five pounds of rice; rice? What will this sister of mine do with rice? But my father hath made her the mistress of the feast and she lays it on! I must have *saffron to color* the warden pies, (pear pies), mace, dates; nutmegs seven, a race or two of ginger, (but that I may beg); four pounds of prunes, and as many raisins of the sun.—*Shakspeare's Winter's Tale.*

In bluff King Henry VIII's days * * the seasoning of dishes was strong and pungent; *saffron* being a predominating ingredient in them.—*Mary Jewry.*

Large dishes of rice, boiled to perfection, fowls, and meat cooked in every manner possible, all dishes *highly colored with saffron*, and very much flavored with mint.—*A Persian Garden Party*, 1879.

While endeavoring to observe and respect the distinction between solid instruction and mere opinion we must say that the practice of yeast-raised cakes ought to be far more general among American pastrycooks and bakers than it is. The dreary repetition of middling pound cake and poor sponge cake, with a sorry variation or two, might with advantage be broken up by the introduction of some of the sorts which great cooks of old used to set before the king. That was before cooks began to begrudge a little work in behalf of excellence.

In the European countries where they cannot afford to be so extravagant as we are, when there is to be a festival, the first thing the managers do is, go to the baker, either buy enough light dough, and some notable housekeeper makes it into cheap but good cake for the multitude, or else the baker himself gets the contract. In this way plum cake itself becomes a cheap treat, while still richer and far more delicate varieties are made for the wealthy by the same general method with difference of degree.

It is conceded that some practice is necessary to make these cakes perfectly, for the exact time when they are ready for the oven can only be known by observation. But as far as can be, the directions here following will be found effectual, and make the practice easy.

609. Scotch Seed Cake.

Takes five hours time to make, raise, and bake, using dough to begin with.

2 pounds of light-bread dough.
12 ounces of sugar.
12 ounces of butter.
4 eggs.
1 teaspoonful of carraway seeds.
8 ounces of flour.

Weigh out the dough at 7 in the morning. Set it with the butter and sugar in a warm place. At about 9 work all together and beat in the eggs one at a time, and add the carraway. Give it another half hour to stand and become smooth, then add the flour and give the whole ten minutes beating. It makes a stiff batter—not dough.

Put it in two buttered cake moulds. Rise about an hour. It should not be too light, bake as you would bread, in a slack oven, less than an hour.

610. Cheapest Cake Without Eggs.

2 pounds of light-bread dough.
8 ounces of sugar.
8 ounces of butter.
1 teaspoonful of carraway seeds.
1 pound of flour.

The difference between this and the preceding kind is that this makes a soft dough, to be handled and kneaded like bread, then baked in moulds. Brush over with a little melted lard when setting to rise.

These raised cakes are like fresh bread, cannot be sliced till a day or two old, without waste.

Once upon a time, so they say, an economical man fitted out his cow with a pair of green glass spectacles, and thus induced her to eat shavings, which looked like hay.

In the warm, moist gardens of the south of England the camomile flowers make pretty borders, and saffron grows like a weed. An infusion of saffron gives the color of eggs to cake, and the people who are glad there to sell their new-laid eggs are very well content with the substitute.

Perhaps saffron also gives something of the taste of eggs. Italian vermicelli is colored with it.

611. Cornish Saffron Cake.

The miner's dinner-pail cake in the region of Lake Superior and the Rocky Mountains, as well as Penzance and Lands End.

2 pounds of light dough.
6 ounces of sugar.
8 ounces of butter or poultry fat.
8 ounces of dried cherries, or raisins.
Half cup of strong saffron tea.
1 pound of flour.

Mix up like Scotch seed cake, manage and bake same as bread. One or two eggs improves the cake.

612. Election Cake.

Make the Scotch seed cake but with 1 pound of seeded or seedless raisins and half cupful of brandy and flavorings, and omit the carraway seeds.

613. Polish Cake. Baba.

Requires 5 hours time to make, raise and bake.

1 pound of good, light roll dough.
1¼ pounds of butter.
6 ounces of sugar.
14 eggs.
1 pound of flour.
8 ounces of raisins.
6 ounces of currants.
4 ounces of citron.
Half cup of brandy.
Lemon and nutmeg extracts.

These cakes made with dough are all started alike. Warm the dough, butter and sugar together, mix and then set away half an hour, when the ingredients can be mixed better; then beat in the eggs two at a time and handfuls of flour alternately. Beat well; rise 2 hours. Beat again, add the flavorings, brandy and fruit. Line the cake moulds with buttered paper. Let the batter rise in the moulds about 2 hours, then bake, about an hour.

614. Savarin Cake.

The preceding without the fruit. Used hot as a cake pudding with liqueur sauce. With dough from the breakfast rolls at 7 o'clock it can be made ready for midday dinner.

A French authority says Kauglauff or Kugeloff, is a general name in German for all cakes made with yeast. Perhaps the common term "coffee cake" is but the attempt of English speaking tongues at "Kauglauff." The cheapest and commonest coffee cake has been described as a warm bread several columns back. We now give two varieties that are really rich cakes by the same name.

615. German Kauglauff.

1 pound of light dough.
1 pound of flour.
1 pound of butter.
6 ounces of sugar.
1 pound of currants.
8 whole eggs and 8 yolks.
Half cup of milk or cream.

Extract of lemon.

Ground cinnamon.

Mix up like Polish cake, the cream and currants last, and rise in the moulds.

When done pass a brush dipped in sugar and milk over the cakes and dredge them with the ground cinnamon mixed with sugar. Use to slice cold.

616. Vienna Cake or Kauglauff.

1 pound of light dough.
22 ounces of butter.
8 ounces of sugar.
15 eggs.
20 ounces of flour.
Half pint of cream.
Half cup of brandy.
1 pound of almonds.

Mix up and beat and raise according to preceding directions. Blanch and split the almonds and mix half of them in the cake; use the remainder to stick all over the moulds with butter before the dough is put in. These mixtures all make the dough like fritter batter, just thick enough for almonds, fruit, etc., not to sink.

Shred citron or candied orange peel, pistachio nuts and the like are added at option. Sometimes the cakes are served hot, separated into layers with a sharp knife, and jelly spread between.

617. Yeast-Raised Plum Cake.

The slowest to rise. Use the liveliest dough, and in winter it had better be saved over night and mixed up with the main part of the ingredients; add the fruit next morning, and bake after dinner.

2 pounds of light bread dough.
1 pound of black molasses and sugar, mixed.
1 pound of butter.
6 eggs.
12 ounces of flour.
1 ounce of mixed ground spices.
1½ pounds of seedless raisins.
1 pound of currants.
8 ounces of citron.
Brandy, and lemon extract.

Warm the dough and all the ingredients slightly. Mix well, except the fruit and brandy. Beat the batter, and set to rise in the mixing pan about 3 hours. Beat again and add the fruit, previously floured. Line the moulds with buttered paper, half fill and set to rise again about 2 hours. Bake from one hour to two, according to size. Large cakes should have a coating of paper tied outside the moulds to protect the crust during the two hours baking.

These cakes should not be turned out of the moulds till at least one day old.

Hotel pastry cooks who think yeast-raised cakes too tedious, should nevertheless remember that in some places no others are believed in, or allowed to be made, and these are simple enough after a few trials to learn the routine.

To clean seedless raisins, rub the fine stems off them with the hands and some flour mixed in, then stir around in a colander till the siftings all go through and leave the raisins clean.

618. Toast and Toasters.

Excuse me, Tom, but if I have a weakness it is for Yarmouth bloaters, *anchovy toast*, milk, chocolate, marmalade, hot rolls, and reindeer tongue * * *.—*Lever's Tom Burke.*

I have remarked before that not one person in a thousand knows how to make good toast. The simplest dishes seem to be the ones oftenest spoiled. If, as is generally done, a thick slice of bread is hurriedly exposed to a hot fire, and the exterior of the bread is toasted nearly black, * * etc. *Henderson.*

There, you see, boys and girls, you had better make that toast right and not jam it down on the hot range top with gnashing of teeth so savagely. Not one in a thousand of you but knows how to make toast beautifully, but you have an invincible aversion to it; you think a person who will order toast a monster, that to be hated needs but to be seen; you want to know why such people can't eat all these nice hot breads and batter cakes, and you call them pet names which it will never do to put in print.

Of course you think it the cook's business to make toast, but that depends on circumstances, for toast must be made just as it is ordered, and one of the cooks is busy broiling beefsteak and ham to order and another is busy dishing up side dishes and frying fresh potatoes. Baking cakes and waffles and dishing up breads keeps another agoing, so somebody besides must make the toast. The vegetable cook might be hired with the understanding that toast making was one of the duties to be performed, and would do well at supper, but the two or three hours of breakfast is the vegetable cook's busiest time. It would not be so hard to make good toast if there was a place provided for it when the hotel kitchen is furnished and fitted up, but whoever in such a case ever thinks of that? Put it upon the cook and he must almost perforce bake the toast by panfuls in the oven, but no persons, if they can help themselves, will eat that except as milk toast. The broiler is full and has no room but for meats. There is only the range top left available and that must be kept so hot that there is little chance of being able to do good baking inside at the same time.

charcoal broiler aside from the meat work would be placed in every hotel kitchen at the first, when such expenses are not so reluctantly incurred as after some time of scrambling along without.

In hotels where the toast difficulty is well overcome there is either an extra hand from some other department appointed for the duty, and the toast range or broiler to work on, or else, in smaller houses where the dining room work is not rushing, the waiters themselves, preparing a little toast just before he doors are opened for a start, are able to make it as wanted, and to suit the special orders.

The best way where there is no special broiler, is to provide half a dozen wire hinged oyster broilers or toasters and lay them with the bread in them on top of the hot range.

619. Concluding Hints.

Whatsoever thy hand findeth to do, do it with all thy might.—*Ancient Book.*

Things done by halves are never done right.—*Modern Paraphrase.*

Considering how extensive is the domain of hotel cookery there is no likelihood that we shall ever recur to the items of bread and rolls again, and a few omissions in the foregoing matters must be made good here.

The hardest thing to teach the tyro in mixing bread is to make the small quantity of dough soft enough in warm weather. Fortunately, with large masses the labor with stiff dough is so severe that few people err that way, but a little in active summer weather fermentation easily takes up too much flour and becomes rough and rotten, and all the instructions in the world will not help the "pastry" who does not know enough to temper the dough according to the weather. In winter when all the materials and tools are cold the stiffer the dough the better; in summer use less yeast and mix soft.

So in mixing biscuit. I have, before now, when training down the rawness of a lot of picked-up summer resort help, placed all the ingredients for biscuits for the early breakfast of a party of tremendous trout fishers, in a pan, and then a baker who was a bread baker and nothing else has utterly spoiled them in the mixing, making them harder than crackers and not half as good. Biscuit should be mixed as soft as fritter batter, so that when the scrapings of the pan in flour and scraps of dough are added it can still be pressed out easily with the flat hands till worked smooth. Whenever your biscuit dough is so tough that the doubled fists must be used to press it out, conclude that you have made the common mistake, and have something yet to learn about mixing biscuit.

Mould out your dough for rolls in little round balls. Easier said than done. The beginner takes the pieces of dough in hand but they won't roll, but skate all over the table instead. You must brush away the flour, have the table so that the rolls will almost stick to it, very slightly dust your hands with flour, take two fresh, moist pieces and roll them under the hands with a slight pressure. The ball of the thumb draws the outside of the dough towards the palm and makes a smooth ball. Of course you must mould two at once, using both hands, else you will never get ready for breakfast. Expert hands seldom stop to cut off the little pieces of dough; they can grab the right sized pieces for rolls from the lump with both hands, as quick as winking. You injure the dough by much moulding. The quicker you can get a smooth outside the better.

Brush your hot loaves from the oven with water, They are going to shrink as they cool, and if the crust will not give, the crumb will part inside and make broken slices.

The bakers have a saying that it don't matter how you mould up the loaves if you make the dough good. But that is only a comparative way of speaking, and they don't have to slice and toast their bread as we do, and see the rough ends and broken slices go to waste by the bushel. If the reader will turn back to our directions for moulding hotel loaves he will find a way that makes loaves as smooth and seamless as a watermelon, but it remains to say that moulding the loaves round first is done in either of two ways. If you are in practice with rolls you can mould small loaves with both hands, the same way. If not, do as the bakers do with "tin loaves" and Vienna bread. The shop bakers like to make loaves in tin moulds because they use for that soft dough carrying much water, and gaining for them several pounds in a barrel of flour. The bread so made is moist to cut and to keep and does not crumble. But as every loaf will expand in the oven and may open at the ends like the gaping shell of a dead oyster, it is the business of the moulder to form and fold the loaf so that it shall open and rise just where he wills it, and nowhere else.

To mould "tin loaves:" Your dough being properly kneaded in layers leave it lying in a rather thin sheet. Cut that into the right sized squares for loaves. The expert workman makes them a little longer one way than the other. Take one of the pieces, press it out with the knuckles, double it, making a square. Catch the furthest corner with the extended fingers and pull it over, and under the wrists, which press it in the middle. Turn the piece of dough under the hands and reach another corner. Six motions makes a round, smooth loaf with a middle depression made by the wrists.

Now extend this depression lengthwise, forming a trough shape by pounding and lengthening the

middle with the wrists while pulling over the rounding side with the fingers. Finally roll over the thick urther side into the hollow middle, the other or near side forming the top lap to the rolled up loaf, and place it in the brick-shaped mould. Press it down slightly in the mould to make square corners. This loaf will rise the way the bakers like to see—parted on one side, where the seam was left, and showing the whiteness of the inside without a break in the bread.

Our pic-nic loaves described near the beginning are called *Stollen* by the German bakers. This kind of sweetened bread is often made richer with additions of citron, etc. The bakers make up the loaves as just described, only doubling the two sides together instead of rolling, making a long split roll without any brushing with lard at all.

In addition to the names *Kauglauff* and *Kugeloff* applied to the varieties of yeast raised cakes, of which *Stollen* is one, Urbain-Dubois spells it *Congloff*, making three authorized ways, all meaning the same as Polish *Baba*, which is a general term for raised cakes, and French *Savarin* which, according to Dubois' *menus* serves to designate several varieties of cakes. These things are mentioned as helping to throw light on the mysteries of foreign *menus*, which "our own correspondents" in Europe delight to humiliate their Western cousins with.

Now about moulding French loaves. We have been unwilling to poach in the exclusive shop baker's grounds further than the thoroughness and usefulness aimed at in our book compelled, and will only add this: If you wish to try a more workmanlike way than that previously set forth, commence as for "tin loaves," with wrists and fingers making the piece of dough into a round ball slightly depressed. Push these aside on a well floured part of the table till all are moulded. Make the trough-like depression across these with a rolling pin instead of the wrists, using plenty of flour, and depressing all before folding any. As no lard is used and bakers do not cut the loaves, the flour and the incidental drying of the dough while waiting, helps the desired parting open of the seam when baking. Having practised thus far you can double the loaves like split rolls—without any greasing—and experiment further at your pleasure.

In a large western city the writer knew a baker who sold little French loaves (petits-pains) in quantities that can best be described as cart loads, and he made them almost as just above described. Taking the four corners of the little flat pieces of dough, he pressed them with the points of the fingers into the middle, and with a blow of the edge of the open hand made the roll ready for a little rolling pin depression, making it very long and narrow, then pinching up the two thick sides together, slightly lapping one upon the other, and without any touch of lard about them, he placed them in pans so that when raised and baked they opened out cleft rolls of very fine appearance and of flaky texture.

Practice Makes Perfect.

Pastry cooks and bakers wishing their French rolls to open up tall and lean backwards, only touch a streak of melted lard on one side of the depressed piece of dough, just where the lips, when the roll is doubled, meet, and none on the top. This gives the roll a start to open without quite making a split roll of it. Different stewards and bosses having different notions about how these things should be it is often difficult for a young man, however willing and capable, to get a foothold with them without the knowledge of just such variations of method as the above.

620. Sorry there should be such a thing as a warmed over roll in the world, but there will always happen to be whole pans of the nicest rolls left over, and somebody will always want breakfast at four in the morning and expect hot bread. The very best way to warm over rolls, so that none but the most critical can tell them from fresh baked, is this: Wet a clean cloth in clean water—half a flour sack, for instance—and wring it out. Lay this over your cold rolls and set them in the oven. In about five minutes, or when the cloth is dry, the rolls will be warmed through and almost as good as new.

Never, if it can be avoided, let the rolls stay in pans over night—it soils the bottom crust. Turn them out to dry.

If your iron pails soil the crust of the steamed brown bread, it can be prevented by lining them with manilla paper, lightly brushed over with melted lard. The loaves come out looking as nice as cake.

By the way, we forgot to put the cross mark on the hot cross buns. It has no use, however, except once a year, on good Friday, to enable British children to make a few pennies by selling them, perpetuating some old custom, nobody seems to know for a certainty what.

A cross mark cut on the buns as they are placed in the pans will remain and show; but if you let the buns rise half light enough, then with a chopping knife cut down deep, and let the buns finish rising, the depression will remain and make the buns appear to be in four parts.

Those bun-sellers make the "one-a-penny-buns" a little richer than the "two-a-penny-buns;" and they have to be a little larger, too, or else when the one-a-penny-two-a-penny-hot-cross-buns are all in a basket together, they wouldn't know 'tother from which, you know.

TWENTY WAYS OF COOKING CORN MEAL.

621.

"Corn is the most widely cultivated grain in the world, with the exception of rice."

"As to nutritive matter, corn is only exceeded by wheat, and followed by rice among the leading articles of food. Calculated according to the physilogical wants of the system, a week's diet for an adult would only cost about twenty cents, and, excepting split peas, there is nothing approaching corn for economy."

"Even in the United States, where thirty-seven million acres are devoted to the culture of Indian corn, yielding a total product of thirteen hundred million bushels, while the wheat crop of the world is only seven hundred and sixty million bushels, we only understand the economic value of corn as cattle food."

"In buying wheat flour, the same outlay would purchase double the amount of nutriment in Indian meal. The prejudice against the use of corn as an article of human food is based on ignorance in many cases, and on false pride in others. Wheat is most agreeable to the taste, and is preferred by a greater portion of the human family, or, at least, by those who are able to purchase it. While all the world is familiar with wheat as an article of food, not one-tenth of its population ever heard of Indian corn except as cattle food. It is quite remarkable that notwithstanding its acknowledged good qualities and its economy, yet it is but little known to the people or those portions of Europe to whom cheap food is an absolute necessity; and even in times of famine it has required judicious and persistent governmental efforts to induce famishing communities to use it."

The preceding statements, taken here and there from an able statistical article in the *Boston Cultivator*, suggest the conclusion that it would be a good thing in a general way, if all people could be led to like corn better than wheat. It is our business to believe that such a consummation can be reached solely through the instrumentality of the cooks; by the more general diffusion of knowledge of the best ways of using corn meal, and encouragement to put in those extra careful touches which are needed to make even the best receipts thoroughly successful. My own experience as a cook warrants the assertion that corn bread properly made and carefully baked, can be made popular almost anywhere. The small loaf that at first finds no takers is presently in demand, and then gives place to one of twice or thrice the size, a proportionate amount of wheat bread being thereby displaced.

That an entire community, state or nation may have a real preference for corn over wheat bread, is shown by the fact of the matter in the Southern States, where corn bread is never out of place, even at the best furnished tables.

The rich breads and puddings with which we shall first lead corn meal into general favor, are not commended on the score of cheapness, except in country places where eggs and butter have but little market value; but that it is a real liking for corn meal, pure and simple, and not for the condiments, which obtains among so large a proportion of the Southerners, is seen from the fact that the prevailing dinner bread at the most expensively provided steamboat and hotel tables was formerly, and probably is yet, the corn cake made of nothing whatever but meal and water.

Why one section should prefer a corn diet more than another when there is no consideratiion of economy involved at all, I have never seen fully accounted for, and will venture the supposition that it shows the result of tastes trained in early life by a race of domestic cooks who knew how to make corn bread good. What has been done can be done again.

It will not be expected that we professed cooks shall dabble either in political economy or social science, but I, for one, cannot help thinking that a better knowledge of the ways to make corn meal a palatable diet, diffused throughout the land, would re sult in bringing the fiifteen-cents-per-bushel corn of Kansas and Nebraska into its proper use—of furnishing cheap and wholesome food and luxuries for the million.

In the culinary departments of the best American hotels, it is but reasonable to expect that the greatest perfection in compounding American specialties will have been attained. However there is only one notable instance of a large hotel becoming celebrated for its corn bread, even that is nearly forgotten, now that there is no more call for special commissions to go and teach the art to Europe.

I have seen "going the rounds," what purported to be a receipt for St. Charles corn bread, which mentioned sugar as one of the ingredients, but cannot consider it genuine. Different cooks may have had different ways, but the following was the formula in use on the floating palaces of the same day, such steamboats as the Southern Belle and the Magnolia, of the "coast" trade, and the long-trip boats which made the excellence of this bread known on the upper rivers. We used to bake it in cake moulds, and sometimes serve it with sauce as corn pound pudding; more in fun than from any necessities of the case. It can be sliced thin like cake, and used in many ways:

622. St. Charles Corn Bread.

1 pound of white corn meal (not quite a quart).
4 ounces of fresh butter, melted (size of two eggs).
1 pint of boiling water.
1 pint of cold milk.
4 eggs. 1 level teaspoonful salt.
1 teaspoonful of wholesome, home-made baking powder.

Pour the boiling water into the meal, wetting and scalding it all. Then add the melted butter, salt and milk, and then the eggs. Put the baking pan in the oven to get hot, without greasing it. Add the powder to the batter; beat up with the large wire egg-whisk, then pour it into the pan. The batter is as thin as for batter cakes. If the pan is hissing hot it never sticks, and there is no discoloration of burnt grease. This bread should be about an inch and a half deep in the pan, and bake half an hour or more. The sooner the top crust is formed the better, after that it needs to bake slowly.

This, when done, is, of course, only corn bread, but it has the peculiar characteristic, that everybody likes it. But pastry cooks, generally, "hate to make it." It is a little hard to bake just right. For another sort, not too rich nor good for human nature's daily food, we have the regular stand-by—the common hotel corn bread, which may be good or otherwise, according to the skill of the maker.

623. Common Corn Bread.

1 pound of white corn meal.

3 ounces of melted lard (2 large basting-spoonfuls).

1 pint of boiling water.

¾ pint of cold water or milk.

2 eggs. 1 teaspoonful of salt.

1 small teaspoonful of home-made baking powder.

Scald about two-thirds of the meal with the boiling water, leaving the rest at the side of the pan to be stirred in with the other ingredients. Beat the powder in last, and bake as directed for the other kind.

Now if corn meal was always alike there would be no more to be said. But here is where the genius for making corn bread comes in. Both of these sorts should have a smooth crust rounded over like a good pound cake. The particular point is the scalding of the meal, and that varies according as the meal is fine or coarse ground. I have known some few neophytes who saw into the deepest depths of this profound matter at the first glance, but others, seemingly as intelligent, would slip up every time a different grade of meal came in hand. Sometimes the crust would rise and crack open forty ways, like a map of the Rocky Mountains, and the bread would fall to pieces. That was because the meal was coarse and not sufficiently scalded, or not mixed thin enough Sometimes the bread would rise at first, but then cave in, all but the edges, like a pond gone dry, and cut like mush. That was because the meal was fine ground, and would not bear scalding much. White meal coarsely ground is the best. Some few people think they like yellow meal, but as surely as it is put to the test in hotel cookery the demand both for bread and mush falls off, and both are soon entirely neglected And yellow meal, for some reason, soon acquires a bitter, musty taste, which may have as much to do with the small liking there is for corn meal preparations as any other reason.

624. Corn Gems.

Corn gems were instituted to meet the grave emergency that arises when more than four persons in one house want a corner piece of corn bread. Their other use is for corn bread in individual style.

There is no need of special receipts, as both of the corn bread mixtures already given are first rate, baked in gem pans. The richest, for individual loaves, should be baked in deep round pans. The people who call for corner pieces like the other, baked thin, to be nearly all crust. The gems should be fresh baked, every half-hour, served hot and not sweated in the pans.

625. Corn Meal Muffins.

The very best are made with yeast, but these are very good and can be made on shortest notice.

"Whoe'er rejects them must be hard to please,
And ripe for treasons, stratagems and spoils."

1 pound of white cornmeal (not quite a quart).

4 ounces of fresh butter, lard, or both mixed.

1 pint of boiling water.

1½ pints of cold milk (3 cups).

Half pound of flour. Salt.

Yolks, only, of 4 eggs.

2 small teaspoonfuls of baking powder.

Put the shortening in a saucepan with the water, boil, and scald the meal with them. Add the salt, then the milk and flour alternately, then the yolks, and lastly the powder beaten in well with the wire egg-whisk.

Bake in greased muffin rings, 10 or 15 minutes, in a hot oven. Serve hot.

The batter must be thin to make good muffins. Make the pan hot on which the rings are placed, before filling, to prevent running under; otherwise use rings with bottoms.

In daily practice we learn short ways to work, with fewest vessels. When the object is to thoroughly scald the meal, it is not best to put the unmelted shortening with it first, but the way indicated above is good for all kinds of corn breads. The milk is necessary to give good color in baking.

626. Tortillas.

Now that direct trade between Chicago and Old Mexico is about to be opened, it might be as well to pay a little attention to Mexican preferences, too

How romantic are all the words that come straying among us from that land of the sun! And how all the Mexican story-writers, from Captain Mayne Reid down, have revelled and gloried in the power

these sonorous terms gave them over the imagination of their bewildered Northern readers! Tarantula, arroya, caballero, ranchero, hacienda, cuisiniero, tortilla! It was always the tortilla that crowned the closing day. The tempting tortilla; the sweet, the delicious tortilla.

But the story-writer has yet to be born with self-denial enough to drop his romance and tell his wondering readers what the tortilla is.

Once I became acquainted with a Mexican youth, who was a native of the ancient city of the Montezumas. There was poetry in his name. It was Manuel de Carvalho. There was poetry in his face, for he had melancholy eyes and a sentimental moustache. His ancestors were Dons, but he, alas, was but valet to an English tourist. He had been through all the gay capitals of the Old World, yet nothing had ever prevailed to chase the cynical expression from his lips, or withdraw his thoughts from the home of his early days.

And then he came to a noted pleasure resort that was frequented by wealthy Southern people. And on going into the bakery one day, he saw a griddle full of something that caused him to stop, open-mouthed, with delighted surprise; and as soon as he was sure he could believe his eyes he struck an attitude, clasped his hands and shouted in ecstacy: "Ha, ha!—Tor—theel—as!" So at last Manuel was happy. And this is how the tortillas were made:

Mexican Tortillas.

Mix a quart of white corn meal with boiling water enough to barely wet it, and cold water after that to make it like thin mush. Add a teaspoonful of salt. Drop large spoonfuls on the hot griddle, and spread them out to form thin cakes.

"But," you say, "your toritllas are nothing but the Southern hoe cakes." Yes, that's what they are. But many people like hoe cakes better if they are shortened a little.

627. Hoe Cakes, or Corn Bannocks.

2 pounds of white corn meal.
Half pound of lard.
1 teaspoonful of salt.

Put the lard in the middle of the meal with the salt, and pour in a little boiling water to melt it. Then add cold water or milk to make like thin mush. Bake on a griddle or "hoe," placing the dough with a spoon and flattening out thin.

"Why cannot we have this?"

"You can have it."

"What is it folded so nicely in a napkin? Looks like brown bread."

"It is brown bread."

"And you have brown bread plenty on hand all the time?"

"O, but this is not bakers' Boston brown; *this* is delicious."

That was said before the Chicago fire. O, incomprehensible hotel boarders who live always on the fat of the land and tire of it! But in a well-regulated hotel you can have anything. This is one of the varieties of bread made principally of corn meal which the Boston writer before quoted, had in mind:

"On account of its lack of gluten, Indian meal is not well adapted for making bread without a slight admixture of wheat or rye flour."

That is the eastern idea, not the southern or western.

This kind of bread is very It contains no shortening, except what may be conveyed by rich buttermilk, when that can be had instead of baking powder, and is probably very healthful eaten cold. Reckless inhabitants of the hotel world, generally prefer to eat it right away quick while it is hot. And still very few deaths occur.

628. Steamed, or "Home-Made" Brown Bread.

2 pounds of corn meal.
1 quart of boiling water.
Half pint of re-boiled, black molasses (coffee cup full).
1½ pints of cold milk.
1 teaspoonful of salt.
4 heaping teaspoonfuls of baking powder.
1 pound of graham flour.
1 pound of white flour.

Pour the water boiling into the meal and stir; then mix in the molasses and the other ingredients in the order as written—the powder in the flour—and stir up thoroughly. It makes a stiff batter, too soft to be handled. Put it in two pails with tight-fitting lids and steam from 4 to 6 hours, then bake a short time to form a crust. The pails should be made for the purpose, of best stovepipe iron, a trifle wider at top than at bottom. Brush a little lard over the insides and then wipe it off thoroughly before putting in the dough, and there will be no stains on the crust when done. Where there is a steam chest to the range, over which vegetables are steamed, the pails can be set inside in the water, and then there is nothing in the bread line more easily made than this. Makes 8 pounds of bread; cuts into about 4 dozen slices. Enough for the average orders of 75 people for one meal, there being other kinds of bread. But if you have had it talked about all through the house 40 people will get away with this much easily. Such is the effect of advertising. Should the bread cut sticky, use a little less liquid in mixing next time.

Our "Twenty ways" will include four baked pud-

dings of Indian meal, of different degrees, and this following will, probably, by good judges, be considered the best.

"Tell that cook," said a healthy St. Louis captain, his boat then laid up in the ice, "to make this once more and let me know when, and then he may go to heaven."

Most of us have heard something like that in a sarcastic mood, but this was a jolly *bon vivant*, and was being helped the second time, so before "that cook" started to heaven, I prevailed upon him to abstract and perfect out of the chaos of his guesswork the following receipt.

629. Mohawk Pudding.

2 quarts of milk.
10 ounces of corn meal.
4 ounces of fresh butter.
6 ounces of reboiled black molasses.
5 whole eggs.
6 yolks.
1 large lemon.
Pinch of salt.

Make mush in the usual way by bringing the milk to a boil, sprinkling in the meal and beating at the same time with egg whisk to prevent lumps. Stir over a fire a few minutes; then put on a tight lid to keep the steam in; push the saucepan to the back of the range and let the mush remain at cooking heat without burning, for two hours or more. Then turn it out into a pan and mix in the other ingredients—the eggs beaten light—the rind of the lemon grated and the juice squeezed in. Bake about half an hour, or till the egg in it is fairly set, and no longer.

This makes about 3 quarts of pudding; enough for the *average* orders of 50 persons. It can be baked in fluted pudding moulds, and turned out whole if handled carefully, where so required, or else in two small pans well buttered.

A mild, neutral sauce is best with this. If hot sweetened cream cannot be had try the following, which is as ornamental as useful.

630. Sauce Doree, Golden Sauce, or Butter Sauce.

1 pound of white sugar.
2 ounces of corn starch.
1 quart of water.
4 ounces of best fresh butter.
2 or 3 yolks of eggs.
Nutmeg extract to flavor.

Boil the water in a bright saucepan. Mix the starch in the sugar dry, and rapidly stir them in. When it has boiled up, beat in the butter. Pour a little sauce to the yolks in a cup; beat, then mix all together. Just before it begins to boil remove it from the fire, taking care the yolks do not curdle with too much cooking.

631. Chickasaw Pudding.

Brown Indian Souffle.

Perhaps not the connoisseur's pudding, but thought by many to have less style and more real comfort in it than any other. It is something of a curiosity for its puffy lightness, and should be served whole in that condition as soon as done, or else dish it up, if you wish to secure for the bubble reputation, out of the oven's mouth.

You will never know it at its best, unless you can procure the old-fashioned, thick, black molasses.

3 pints of water.
12 ounces of corn meal.
1 pound of re-boiled black molasses.
8 ounces of butter.
8 eggs.
No salt needed but what is in the butter, and take care that it has not too much.

Make mush by sprinkling the dry meal into the boiling water, and beating at the same time with the egg whisk. When it has boiled a minute or two put in the butter and molasses, stir together, put on the lid and push the saucepan to the back of the range to simmer about an hour, It is not very apt to burn. Then turn the mixture into a pan, beat the 8 eggs a little and gradually stir them in.

Bake in a slow oven about 45 minutes. Makes about 2½ quarts.

Eat hot with cream, or, failing that, make this sauce, which will relieve its want of color.

632. Lemon Butter Sauce.

Sauce Citronne.

1 pound of sugar.
2 ounces of corn starch.
1 quart of water.
2 ounces of fresh butter.
2 lemons' rind grated and juice of one.
6 yolks of eggs.

Mix the sugar, grated rind and starch together dry; stir them into the boiling water; add the lemon juice and butter, and when it boils again pour in the beaten yolks quickly and beat well. As soon as the eggs begin to thicken take the sauce from the fire and strain immediately.

633. Thanksgiving Pudding.

Indian Plum Pudding, Steamed.

3 quarts of milk.
1¼ pounds of corn meal.
8 ounces of butter, or minced suet.
12 ounces of re-boiled, black molasses.

10 whole eggs.

10 yolks.

2 lemons.

1 pound of seedless raisins.

1 pound of good, clean currants.

Pinch of salt.

Make mush with the meal and milk and let it cook at back of the range, with tight lid on, for 2 hours or more. Then add the other ingredients in order as written—the rinds of the lemons grated and juice squeezed in, and eggs all beaten light together. Dust the fruit with a small cup of flour. Steam in pudding moulds an hour and a half or longer, according to size. This makes 4½ quarts.

Butter the moulds and shake flour inside before filling. Serve with any sauce suitable for English plum pudding.

635. Thanksgiving Pudding.

Indian Plum Pudding Baked.

The same as the preceding, except that chopped apples can be used instead of currants, or in addition to them, which would make the steamed pudding too soft. Spices can be added at option. May be baked in deep ornamental moulds, well buttered and dusted with flour, and served with burning brandy sauce. Will bake in half the time required for steaming.

634. Fatty Bread and Buttermilk.

This entree never appeared on any bill-of-fare. It is hoped that nobody will make it, it might be thought too rich for good health. It is put in here merely in an historical sort of way, because it is strictly American and is not on record in any of the French books. To be still more precise, it is an institution of Blackville, and the people who believed in it had broad shiny faces and did not know a thing about dyspepsia. Although again it is hoped nobody will ever make anything so greasy anymore, it has to be recorded that the boys who did not belong in Blackville had a wonderful knack of coming home from squirrel shooting at sundown, just at the most favorable time for snatching a portion of this peculiar feast, to which the Blackville people did not welcome them, and always declared it tasted better than butternuts. There are many Blackvilles in the United States, and the one where this dish came nearest being named in French was on Bayou Black, not very far from New Orleans, but you could not translate the French spoken there, and, moreover, calabashes full of sugar cane juice from the mills took the place of buttermilk, and it was not quite the same thing. But there was a Blackville near that large hotel at White Sulphur Springs, and Blackville near Brownsville, on Blackwater river, at the Sweet Springs in Missouri.

It was only in the flush times of hog killing that Blackville could indulge in this luxury; but if company was expected from the opposition village, whatever its name was, perhaps the young Blackvillans with their 'possum dogs would pass a whole night in the woods and fell any number of trees till they had 'possums enough. Because you can't make fatty bread without fat, and 'possum's fat does very well.

Somebody has to churn in the morning and take the buttermilk down to the spring house to become cool. The rest of it is very simple:

1 pound of corn meal.

½ pound of lard or 'possum fat.

Salt.

Pour the lard, melted, into the meal, and stir in enough cold water to make it like thin mush.

Spread in thin cakes on the hot stove lid, and when fried on one side turn them over. If you have no stove, but only a fireplace that takes in half a hickory tree trunk at a time, rake out some coals and bake the cakes in a spider.

To be eaten hot, with cold buttermilk.

In extreme contrast to the foregoing is the Whiteville variety of bread.

636. Corn Dodgers.

The ordinary dinner bread of the South.

Take the required quantity of corn meal, say a quart, and stir it up with cold water enough to make it like thick mush, just so that it can be shaped. Make it with hand or spoon, in shapes like goose eggs, and place them almost touching in a baking pan that is kept hot on top of the range while they are being placed. Bake in a hot oven.

It is usually insisted upon that no salt shall be put into this kind. Serve hot.

Simple as this is, some persons can make it twice as palatable as others. One requirement is to make the meal take up all the water it will carry without losing shape. Another is to bake it in a very hot oven, so that it will become brown without being too dry and hard.

While everybody will agree that there must be a perfection point for every common article, beyond which it cannot be improved, it is hardly likely that anyone will take the trouble to scald the meal for batter cakes. There is not time for all these little things in hotel business, and yet it has to be set down that therein lies the point that beats common work The following will do without:

637. Corn Batter Cakes.

1 pound of white corn meal.
½ pound of flour.
3 ounces of melted lard (½ cup).
2 eggs. A little salt.
1 quart of milk or water.
1 teaspoonful of baking powder.

Mix gradually to avoid having lumps in the batter, add the lard, melted, and the powder last. If no milk, a spoonful of syrup is required to give color. But sometimes you have to work for thorough philomaizians who love corn for itself alone and do not want any flour in theirs. In that case you must scald the meal.

638. Corn Batter Cakes Without Flour.

1½ pounds of corn meal.
1 quart of water or milk.
4 ounces of lard.
4 eggs. Salt.
1 teaspoonful of baking powder.

Scald the meal with half the water, and mix up the same as if for corn bread.

In all the preceding receipts where baking powder is directed to be used, it is to be understood that buttermilk and soda will do as well, if the buttermilk be genuine, not watered, and sour enough to counteract a small teaspoonful of soda to the pint.

639. Theory and Practice.

Since it has become the very general custom to eat one or other of the several varieties of mush as a first course at breakfast and supper, the best methods of preparing the simple dish so as to have it in perfection can no longer be considered a matter too trifling for any first-rate cook's attention. Besides, whatever of consequence mush may lack in the instance, it gains through diffusion, for thousands of cooks are wanted to make good mush for every one that is required to prepare costly and ornamental dinners; so, you see, from the utility point of view, well-cooked mush is a thousand times better than well cooked truffles. And if that reads like a riddle it will have to go, for there is no room here to straighten it out.

When a lot of corn meal is piled into a saucepan of water, not half enough for so much meal, and impatiently stirred up and served ten minutes afterward, that is not mush. I don't know what it is. There is no name for it. But yet there are people so possessed with the idea that mush can never be cooked enough, that they become crotchety, one might almost say fanatical, in pursuing the other extreme.

As we may have to go to the Germans for instruction in German dishes, to the French when the matter is French, and to the English when the excellence is reputedly theirs, perhaps no excuse is needed for going often to the Southern States, even to plantation life for instances, whilst American corn meal has the front place. Down in that land of large estates and extensive operations, there used to be places where from year's end to year's end the mush cauldron never stopped boiling, except as it was emptied and replenished once in every twenty-four hours, that being the time considered necessary for the meal to cook before it could become wholesome food for the scores of laborers whose principal food it was. These kettles, some with mush and some with hominy, hung in huge fireplaces, and were tended by old crones, with stirring paddles like boat oars, day and night, like the witches in Macbeth with their "bubble, bubble, toil and trouble; fire burn and cauldron bubble." How should we like to make mush for the folks that way? There are a good many degrees between ten-minute mush and twenty-four hour mush, and as to the stirring there are very few hotels where even ten minutes can be bestowed upon that part as a regular thing. Fortunately there is little need of it. Heat and steam are restless enough to keep up a very fair bubble of themselves without much manual labor. It seems to be with corn meal as with rice, it will take up a certain amount of water and no more. Ten ounces of rice will absorb a quart of water and all the water that is added beyond that only tends to separate the particles and make a blue gruel. Five ounces of corn meal will do the same as the ten ounces of rice, absorb a quart of water and no more. With a much less proportion of water the meal can never be well cooked, because the finer particles take up the water first and the course grains always must remain raw and hard, no matter how long on the fire. Rice will cook well done in three-quarters of an hour; corn meal requires about three hours to reach the same point, although it may be passibly good after only one or two hours boiling.

To reduce the time of cooking some people steep the meal in water several hours before. There is nothing to be said against this except that it is likelier to be forgot or neglected than remembered and becomes a cause of irregularity under the usual hotel conditions.

640. Corn Meal Mush.

2 quarts of water.
10 ounces of white corn meal.
1 rounded tablespoonful of salt.

Use a flat-bottomed, bright iron saucepan. Brush the inside with the least possible amount of melted lard. This reduces the tendency to burn and lessens the waste. Put the salt in the water, boil, and sprinkle the dry meal in with one hand while you beat with the large wire egg-whisk in the other, till all is in and there are no lumps to be seen. Put on the lid, push the saucepan to the back of the range and let it simmer with the steam shut in for three hours.

Then turn it out and keep it hot in a bright sink in the steam chest.

Where the mush has to be made on a cook-stove, a cast pot with feet, to raise the bottom an inch from the fire, is best.

You will have the same measure of made mush as you had water at first; four quarts of water and twenty ounces of meal producing one gallon.

Double the quantity required for one meal should be made and half put away to become cold to fry. For this purpose very slightly grease a bright tin pan, press the mush evenly into it, and slightly brush over with a brush dipped in melted lard again. No matter how little the grease, it prevents the formation of a crust by drying on top. Warm the pan a few seconds and the mush, when cold, will turn out without trouble.

Each quart of cold mush will cut into about ten blocks or slices for frying.

641.

Fried mush is one of the things, as fried potatoes is another, that has a telling effect in giving the impression of excellence or otherwise of the hotel table. That indefinite something so often mentioned, called excellence of *cuisine*, is made up of hundreds of such trifles as properly fried mush.

Recently a correspondent of a leading New York newspaper, and whose letter in part was reprinted in the REPORTER, had occasion to comment upon a breakfast at one of the famous hotels of Boston, and went into well trained ecstacies over the simple perfection of it all. "O, the ineffable *cuisine!*" was the exclamation, and of course it was a woman writing, for men never think of original expressions; one says "the cooking was tip top," and all the succeeding thousands say the same words. Well, there was no mention of fried mush, but there was a hint of golden-hued cutlets—breaded cutlets—and the same conditions and effects pertain to both articles.

There was an intimation of crisp salad, and delicately browned rolls and perfect, fresh butter. When, in any case, you are curious to know "upon what meat doth this our Cæsar feed?" you may be sure that it is nothing more than you yourself can buy in the market, and at the best of breakfasts the cups are not so liable to be "filled with the nectar that Jupiter sips," as with good coffee and chocolate. The guests prefer them.

This tempting-looking fried mush—and breaded cutlets, too—cannot be had, as a rule to be depended on, unless lard, good fresh lard, can be afforded for the frying. One thing essential to the houses of ineffable *cuisine*, is to be always excellent, and not good for one observer and indifferent for the next. But cheap, home-saved material, if good sometimes, always carries a proviso. Meat drippings and soup stock toppings are good in a comparative sense, but are apt to make the fries dark colored. Also, these articles cannot be had perfect unless cracker meal can be afforded to bread them with. Stale bread dried and crushed and sifted is next best; corn meal for breading is the worst of all. But powdered bread produces a reddish brown, and when dripping for frying is used with it, the mush often looks more like smoked meat. I do not wish to be understood as advocating expensive ways. All the cheap ways are to be given in these columns; ways of cooking without eggs, without cream, or milk, or butter, without baking powder; and it will not have to be said the articles so made are as good as the best, only that they are good enough; but the opportunity is here improved of showing by one instance out of hundreds, how some tables are and must be better than the rest, and why people cannot have four dollar fare for three dollars, nor three dollar fare for two. When breaded articles like fried mush are made so good with crushed bread crumbs and meat fat from the roasting pans that nobody observes any inferiority, the credit is wholly due to the skill and carefulness of the cook. Corn meal for breading has such a bad appearance that it ought to be counted out. People who like the taste of fried meal, and will have even oysters breaded with it, have to forego the neatness and color that the other methods give.

One of our French preceptors gives us a homily on frying, put in the readable form of a Count So-and-so lecturing his cook, who, on the occasion of a dinner to invited guests, had spoiled a choice fish through putting it into lard (or oil) not hot enough. The gist of it is, that if you put the breaded article into lard not hot enough to immediately cook the outside, the breading washes off, the juices of the fish or meat ooze out, and these cannot be browned at all without being entirely dried out. With an article so largely made up of water as mush, it is still more necessary to have the outside coat of egg and crumbs instantly set, otherwise it will merely melt away and be lost.

642. Fried Mush, Breaded.

Take the pan of cold boiled mush, prepared as already described, and having slightly warmed the bottom, turn it upside down on a clean paste-board, kept for the purpose. Cut the mush into blocks, square or diamond-shaped, or else into slices or fancy forms, according to the use intended.

For every quart of mush one egg is required, to be beaten up with an equal amount of water.

Roll the pieces in this, and then in the meal made by pounding and sifting crackers.

Have a saucepan half full of lard made hot enough to hiss loudly when a drop of water touches it, but yet not smoking. Drop in the mush a few pieces at a time; fry them yellow-brown—about ten minutes—then place them in a colander set in a pan, and in a hot place, to drain and dry before serving.

Wonder by what mischance in the distribution of names, it happened that we drew mush from German *mus*, when the other corn-raising peoples nearly all drew Latin polenta?

For it is not to be supposed that we have the monopoly of mush, excepting the poor word itself. That, indeed, does not seem to be known even to the English as a household word, for our mush, if they take it as an experiment, they call maize porridge, our oatmeal mush is the Scotch oatmeal porridge, our cracked-wheat mush is the English frumenty, and mush they will not say at all.

France, which raises annually thirty million bushels of corn, makes mush and mush puddings, but calls mush polenta.

The term is specially applied to pudding made of the meal of chestnuts, the same that, possibly, Count Nesselrode was fond of, for, improved to a superlative degree, we now find a pudding of chestnuts called Nesselrode pudding; but the Italian polenta, a corn meal pudding, is also made in France, and polenta for mush has a general application. Portugal raises fifteen million bushels of corn, and makes corn food, and there it is not prosaic mush but musical polenta. Italy exceeds them all, raises forty-five million bushels, makes mush, and calls it polenta. Also, Brillat-Savarin, enumerating the various articles contributed by different countries to make a perfect *cuisine*, says that Italy sends *polenta liqueuers*, and in the want of better knowledge, the supposition is unavoidable that he meant Italian corn whisky or its compounds. Even our neighbor, Brazil, raising and using large amounts of corn does not call mush our tasteless way, but speaking Portugese no doubt sups on mellifluous polenta.

Now mush does well enough for every day use, but we want something for Sunday and company times, and mush, look at it any way you please, is positively too homely and humble to be elevated to any conspicuous position. The article mush is wanted to go to table with some very nice entrees; it is pleasant to the sight and good for food, and can be cut handsomely and browned prettily and set up ornamentally, and is good for *canapes* and *fleurons*, and *croustades;* but the word mush will never fit in gracefully where mush ought to be; it will not harmonize with the grand surroundings of notable opening days and splendid banquets at gilt-edged hotels; it will hardly be admitted to the finest bills of fare, to be printed in gold on satin, with borders of Japanese mocking-birds and garlands of roses from Bendemere's Stream, now will it? But you cannot say the same of polenta, the difference is immense.

Polenta is Italian, and used to mocking-birds and roses and all that. Mush is Cinderella, but polenta is Cinderella changed to the princess. If this difference is not already apparent, let us put it to the test. You cannot imagine mush being introduced with propriety into any line of tragic or heroic verse, but polenta can be, and can hold its own. Take this example:

"O, Romeo, Romeo! wherefore art thou Romeo?" —instead of a member of some other family—and it will be seen that without the least loss of dignity our impassioned Juliet might shout:

"O Polenta, Polenta! wherefore art thou Polenta?"—instead of bread-crumbed trout. With due care taken to give the true lisp to the "t" in polenta, as it would be heard in some old moss-grown inn in Granada, under the shadow of the Alhambra or any other Castle in Spain, the paraphrase possesses a depth of plaintive passion that would set the mock heroics which do so murder the original at defiance. And yet polenta is mush, but note the difference:

"O Mush, Mush! wherefore art thou Mush?"—instead of Polenta.

No use; even capitals do not help it—will not ring in right at all, but you immediately think of Bottom, the weaver, and Starveling, his mate, and "O Bottom, Bottom! thou art translated!"

This is an idle fancy, but it is serious, too, for we want to put mush, at least fried mush, on the finest bills of fare that are gotten up—bills for the Capulets and Montagus, stately as Romeo, dainty as Juliet, if not so tragical. Some of the finest bills of fare extant have, for a dainty dish, "Marrow on Toast." Mush might well take the toast's place, yet, it is hard to say why, "Marrow on Mush" does not seem so stylish. "Border of Mush, Filled" with something, would not cut as grand a figure among the entrees as "*Bordeur de Polenta Garnies*" now would it?

Speaking of Juliet, isn't it Juliet who says:

"That, which we call a rose,
By any other name would smell as sweet?"

Literally taken, millions have agreed to that, but there is something behind the literal; words are beguiling.

"Who is't," quoth he, "that there reposes,
Upon yon bank of summer roses?"

Here the idea conveyed by reposes on roses is so pleasant that you forget about the probable thorns and go on reading to see what other pleasant things there are, and it is the same with eating as with reposing. Let a person spend a season at some delightful winter resort and write home about the "exquisite mush," and all the people written to would surely laugh. But let it be the other case, and let the expression be "O, the divine polenta," and they would no more laugh than they would at the divine Piccolomini or the divine Celestina, but would go on reading to see what other good things you were having, and would forget about the probable cheapness of polenta, which would be the thorn in this case. Thus, it is seen, mush has a very bad case, and it is hard to see what is to be done about it. Perhaps somebody will help out this philological difficulty, and we will go right along with our receipts.

643. Polenta Frite.

Fried mush can be used to good advantage in many dishes that usually have toast, or fried bread or fried potato garnishes, but in the guileless form of the common breakfast fried mush, it is open to the same objection that Brillat-Savarin brings against the potato; he says: "I never take any. I think nothing of the potato unless as a stop-gap in times of great scarcity. It is, to my taste, most insipid." Therefore resort should be had to the gastronome's expedient in many similar cases; slice the mush thin, cut the shapes small, and mix minced cheese with the cracker meal to bread it with. The proportion of cheese is about one cupful, finely minced, to three cupfuls of cracker meal, but it must depend upon the quality of the cheese. Needs extra care in frying, as it soon acquires a deep color.

644. Polenta, a l' Italienne.

A cake of buttered mush, with cheese baked on the top.

1 quart of water.
6 ounces of yellow corn meal.
2 ounces of butter.
4 ounces of cheese, minced.
Level teaspoonful of salt and pepper mixed.
Half cupful of cracker meal.

Brush the inside of a small saucepan slightly with melted butter, and make mush with the water and meal in the usual way, letting it cook with a lid on, in its own steam, on the furthest corner of the range, about 2 hours. Then stir in half the butter and the pepper and salt. It should be a stiff, well-cooked mush. Spread the other ounce of butter on the baking pan bottom—a 2 qt., bright, shallow milk-pan is best—sift half the cracker meal on that, then place the mush by spoonfuls so as to smooth it over at last without disturbing the under crust. When leveled over, strew on the minced cheese, sift rest of cracker meal on top, and bake in a brisk oven half an hour, or till nicely browned at top and bottom. This is a good dish for lunch. May be served like macaroni and cheese, or macaroni cake. Is best baked *en caisse*, that is, in little paper cases.

When the cheese furnished is too dry to melt in the oven, moisten the top with the back of a spoon dipped in melted butter. When too rich and melting, use less, and more cracker meal.

645. To Fry Mush Without Eggs.

Mix flour and water together to make thickening of the consistency of cream, without lumps. Roll the pieces of mush in it instead of egg and water, then in cracker meal, or bread crumbs, and fry in the usual way. A half cup of water or milk to two heaping tablespoonfuls of flour makes it. Milk gives the better color. The frying grease has to be hotter and fewer pieces must be put in at once to make this way nearly as good as the other. It answers very well, also, to roll the mush in rich milk without flour.

646. Mush Sautes.

Sautes is *sauteed*, in meaning, according to English terminations, and that means fried in a common frying-pan like fried eggs, etc. The French or proper frying requires a quantity of hot fat or oil, as indicated in the preceding directions for fried mush.

The word *Sautes* is perpetually appearing in hotel bills of fare, but the people to whom it conveys any meaning are extremely few. It seems to be usually guessed to mean sauce. As it is a technical term, a person might read French a long time without meeting with it elsewhere than at table. There is sufficient reason for its use, seeing that no other word expresses the same thing correctly.

To saute mush, cut it in slices not over half an inch thick, and flour them all over. Place a spoonful of lard, clarified butter or clarified meat fat, in the frying pan, and when hot put in two or three slices, not near enough to touch. Brown it quickly, and turn over with an egg slice. Is only good when fried as wanted and served immediately.

There is still another variety of mush, and whether we make use of the knowledge or not, the necessity of at least being posted on them all was well exemplified in the luck of a certain man from Boston. He came from one of the best hotels of that city, and obtained a good position in St. Louis. What he claimed to have been, or what he had been in the famous Boston house, is neither here nor there, but it was evident that his had been only one particular line of duty, for, unexcelled in some things, there were other smaller matters that baffled his efforts, and one of these was fried mush. He knew of but one kind, and that was fried mush balls, which, you see, was a great misfortune, considering that he was head cook of a large hotel, having assistants who did not think it best to do otherwise than as he directed. So mush balls they made and made them good, very likely, or else the demand was small and the style unnoticed, for that way lasted quite a while. But presently evil days came, and brought with them some people of grand import, who had been boarding at the Hotel Terrible, up the avenue.

They came in a huff, and soon began to sniff, and looking about for inferiorities, observed the fried mush balls. Then they pulled them apart, analyzed them, condemned them. If there was anything they did love, it was good fried mush; but these mush balls were simply atrocious. They demanded what they were pleased to term the genuine article. But they might as well have called spirits from the vasty

deep, that would not come when they did call them, for neither they themselves nor anybody else could tell what difference of process was required. So dissatisfaction grew up on both sides. It took an earthquake to "roll" the cooks out of their kitchens at Pompeii, and required an eruption of Vesuvius to make the bakers forget their bread in their ovens at Herculaneum, but that was in grander times than these, and it is not exceeding the truth to say that this sad fugitive from the modern Athens was impelled to sever his connection through no greater reason than the vacuity of his perceptions of the inherent possibilities of fried mush. Perhaps you think that after he was gone all was peace, and joy, and love, but it was not. His successor's mush was orthodox and irreproachable, but——

Well, there were some old habitues who had conceived an affection for the other kind, they did not know what made the difference, but there was a solid sweetness in the other that the new kind did not possess. The new cook did not understand it either, for he only knew one way; so they split the slices and double breaded them, and tried to make believe, and worried along, and I think they are all dead by this time and out of their troubles, but if ever you get into such a place after learning the following receipt, you will know what they want, better than they know themselves.

647. Fried Mush Balls, or Fried Pone.

1 pound of corn meal.
1 pint of boiling water.
4 tablespoonfuls of melted lard.
1 egg. ½ cup cold water. Salt.

Scald the meal with the boiling water; add the rest of the ingredients; flour your hands; make round balls, and fry in a saucepan of hot lard. They require long cooking.

No doubt it could be easily demonstrated that four cooks in a hotel kitchen accomplish more in the culinary line than do forty domes ic cooks in twenty private houses. No particular credit to the hotel cooks, but it is owing to the larger scale and system of their work, the greater capacities of their ranges and utensils, the labor-saving conveniences, water and drainage arrangements, and the larger quantities handled. It takes but little longer to cook five pounds than one, scarcely more trouble to make a gallon of soup for twenty persons than a quart for a family. But the emergencies are many, too. There has to be a dropping off and leaving out of many long and tedious processes. That which cannot be made in short time, is most likely not to be made at all, or else attempted and spoiled.

There are printed directions for numerous articles apparently desirable, that must be constantly stirred or otherwise worked one or two hours. To follow such in hotel work is simply impossible, it would require a small army of assistants. The common objection is valid—"O, we can't—there isn't time." The choice, then, lies between making many cheap and good preparations in a half-way manner; giving them up entirely, or finding out the reason why of the long processes and getting at the same results by shorter methods. There will be, it is hoped, many better illustrations than this of corn meal puddings, yet this will serve, and may the sooner establish an understanding of the motive of many directions that might otherwise seem peculiar. It is commonly said that corn meal puddings must bake three hours or longer, but in a hotel doing a healthy business it is extremely inconvenient to keep one minor article, and one so liable to burn, in the oven for that length of time Fishes and meats have to go in and out, then vegetables and pastry; three hours baking involves three hours watching, and the strain upon memory lest it be neglected. There is no need of this. The only reason for long cooking is to cook the meal thoroughly, and that is better done in a saucepan with a lid on in any out-of-the-way corner, or even in a sink in the steam chest. To bake a pudding longer than till the eggs are well set, is generally an injury. What is at a certain point rich, smooth and custard-like, becomes, with longer baking, watery and inferior, through the curdling of the eggs, just as is seen to happen when a custard is allowed to boil. Cook the materials as much as you please before the eggs are put in, but very little after.

Several puddings of corn meal have already been described, the next is a plainer and cheaper sort. Not necessarily the worse for that—it is mere matter of taste.

648. Plain Baked Indian Pudding.

2 quarts of water, or milk.
12 ounces of corn meal.
2 ounces of butter, or suet.
6 ounces of molasses (a tea cupful).
1 teaspoonful of ground ginger.
4 eggs. Little salt.

Make mush with the meal and water, and let it simmer about 2 hours. Then add the other ingredients and bake in a buttered milk pan nearly an hour. Makes 2½ quarts.

649. Common Brown Bread, Yeast Raised.

1 pound of corn meal about 3 cupfuls.
1 pint of boiling water—2 cupfuls.
½ cupful of black molasses.
1 cupful of cold water.
1 cupful of yeast, or a yeast cake in water.
½ pound of either rye or graham flour.
½ pound of white flour, a heaping pint.
Salt.

Pour the boiling water over the corn meal in a

pan and mix, throw in a teaspoonful of salt, add the molasses and cold water, then the yeast and then the two kinds of flour. Line two sheet-iron brown bread pails with greased paper, put in the dough and let rise from one to two hours, then bake or steam for five hours. If steamed, bake the loaves afterward long enough to form a slight crust.

A good sort of bread is made as above with a pound of graham sifted through a common flour sieve to remove the coarse bran, and the white flour omitted; or with all rye flour and no graham or white. Care should be taken not to scald the yeast by adding it to the hot meal before the cold water. When this kind of bread is sticky when sliced it shows it was made up too wet. When the loaves come out hollow or caved in it shows too much fermentation.

650. English Home-Made Brown Bread.

3 pounds of sifted graham flour.
1 quart of warm water.
½ ounce of compressed yeast.
1 teaspoonful of salt.

By sifted graham is meant flour with the coarsest bran taken out. Commence 7 or 8 hours before time to bake. Dissolve the yeast in the water and mix up half the flour with it, that is "setting sponge." Place the pan in a warm corner, to remain 4 hours. Then throw in the salt, mix up to stiff dough, scrape out the pan and knead smooth. Brush over the pan with the least possible amount of melted lard, or lard and hot water to prevent sticking, put in the lump of dough and brush it over, and let rise 2 hours more. Then knead, make into loaves, rise again and bake.

Where potato yeast is used instead of compressed, take about one-fourth as much yeast as water.

The foregoing is the kind of bread fashionably served with stewed slices of fish.

651. Rhubard Marmalade for Tarts.

Rhubarb flavored with oranges and boiled down with sugar.

4 cupfuls of rhubarb cut very small.
2 cupfuls of sugar.
3 oranges—or orange peel only.

Grate the yellow rind of the oranges into the saucepan and then cut up the insides, carefully excluding the seeds and white pith. Put in a spoonful or two of water to wet the bottom, then the sugar and rhubarb, and simmer at the back of the range with the lid on for an hour. Keep in a jar. Use to fill tarts or spread between layers of cake.

652. Marmalade of Canned Apricots.

2 cupfuls of sugar to 2 cupfuls of apricot pulp.

Drain the fruit from the syrup by pouring all into a colander set in a saucepan. Press the frui through the colander into another vessel and measure it. Put as much sugar by measure into the apricot juice in the saucepan and boil them gently for half an hour, skimming once; then put in the mashed apricot and simmer down thick.

652 *a*. Pumpkin Butter—Fine Quality.

2 pounds or pints of dry mashed pumpkin.
1 pound of sugar. 4 ounces of butter.
Flavoring either of shaved lemon rind, cloves, nutmeg or race ginger.

The pumpkin must be dry, either baked or steamed. Mash it through a strainer, mix the sugar and butter with it and the piece of ginger bruised, or thin shaved lemon rind; let simmer at the side or set upon bricks on the stove for perhaps an hour. It becomes thick and semi-transparent; can be kept in jars in a dark place. Good for the same uses as fruit jellies and marmalade.

652 *b*. Peach Butter.

8 cupfuls of sliced peaches.
4 cupfuls of sugar.
2 cupfuls of water.

The peaches need not be peeled, but should be rubbed in a coarse towel before slicing.

Put the water into a kettle or bright pan; then the peaches; shut in the steam and let cook at the back of the stove, or set on bricks, for an hour or longer. Then add the sugar, and do not leave it, as it burns very easily, but keep stirring with a broad wooden paddle while it boils one-half hour more. Keep in a jar in a cool place.

652 *c*. Caterers' Wedding Cake.

2 pounds of sugar.
1½ pounds of butter.
12 eggs. 2 pounds of flour.
8 tablespoonfuls of wine. Same of brandy.
6 nutmegs gronnd or grated.
5 pounds of raisins.
4 pounds of currants.
2 pounds of citrons.

Stone the raisins, wash and dry the currants, cut the citron small, then mix all three together and dust them with a cupful of flour.

Mix the first four ingredients together the same as if for pound cake, add the liquors, nutmeg, and then the fruit.

Line the mold with buttered paper, and wrap another paper around the outside and tie it with twine. Bake the cake about three hours.

652 *d*. Layer Fruit Cake.

Sheets of pound cake mixture baked in jelly cake pans; minced raisins, citron, almonds and currants mixed with icing and spread between.

653. Pound Cake.

14 or 15 ounces of sugar.
12 ounces of butter.
10 eggs.
1 pound of flour.

Warm the butter and sugar together slightly and work them with a spoon till creamy and white. Add the eggs 2 at a time, and then the flour in 3 or 4 portions. Beating the batter after all the ingredients are in tends to make the cake fine grained. Pound cake should not be flavored.

Pound cake, doubtless is so called, because it can be made with a pound of each of the ingredients. The 10 eggs weigh a pound. But so much butter makes it too rich to be good eating.

654. Pound Fruit Cake.

The staple every day sort of plum cake. The fruit does not sink to the bottom in this mixture.

14 ounces of sugar.
14 ounces of butter.
11 eggs.
18 ounces of flour.

Mix the above the same as pound cake, then add to it:

2 teaspoonfuls of mixed ground spices, cinnamon, mace, and alspice.
1 lemon, grated rind, and juice.
1 pound of raisins.
1 pound of currants.
8 ounces of citron.
Half cupful of whisky (optional).

Use seedless raisins. Nothing is good made full of raisin seeds. Mix the fruit together and dust it with flour before stirring it into the batter. The cakes require from 1 to 1½ hours to bake.

655. Citron Cake.

Either of the preceding pound cake mixtures with 1 pound of citron cut in shreds and added, and a little lemon extract.

656. Wedding Cake—Rich Fruit Cake.

1 pound of sugar.
1½ pounds of butter.
10 eggs.
1½ pounds of flour.

Mix the above like pound cake, then add:

1½ pounds of seedless raisins.
1½ pounds of currants.
1 pound of citron.
8 ounces of almonds, blanched.
1 tablespoonful of mixed ground spices.
Half pint of brandy.
1 lemon, juice and grated rind.

Bake in molds lined with buttered paper. Takes from 1 to 2 hours according to depth. This cake cannot be cut while fresh without crumbling, but becomes moister and firm with a few days keeping.

657. Richest Fruit Cake—Black Cake.

Prepare the fruit first.

2½ pounds of seedless raisins.
2½ pounds of clean dry currants.
1½ pounds of citron, shred fine.
2 ounces of mixed ground spices—cinnamon, cloves, nutmeg and mace.
1 small cupful of strong black coffee.
1 small cupful of reboiled molasses.
1 small cupful of brandy.
1 tablespoonful of extract of lemon.

A small addition of almonds, nuts, candy, or cut figs can be made if wished.

Then mix the cake batter:

14 ounces of sugar.
14 ounces of butter.
11 eggs.
18 ounces of flour.

Mix up same as pound cake, after the flour is all in add the 2 ounces of spice, then the coffee, molasses, brandy and lemon extract. The batter will then be quite thin. Dust the fruit well with flour and and mix it in.

Line two cake molds with buttered paper and divide the mixture into them. Set the molds in the middle of a sheet or two of greased paper, gather it up around them and tie with twine, thus wrapping the molds in paper to shield them from too much heat and avoid burning the fruit. Bake from 2 to 2½ hours in a slack oven.

658. The black cake above should be at least 2 or 3 days old before it is cut. The amount of cake batter only serves to hold the fruit together, but, it ought to be mentioned, the quantity of the pound cake mixture in it may be doubled and all the other ingredients remain the same and it will still be a very rich black cake.

659. Mountain Cakes.

Pound cake baked on jelly cake pans, 4 or 5 or more of the sheets piled on each other with cake icing spread between, and on the top. Decorate the top with the kernels of hickory nuts.

660. Drop Cakes.

Pound cake mixture, or butter sponge cake mixture with a handful or two of flour added and a little baking powder placed by spoonfuls on greased baking pans make the cone shaped drop cakes of the shops. A strip of citron, a few currants or granulated sugar on top make the variations.

661. Lafayette Cake.

Two sheets of pound cake baked in two shallow baking pans. Spread one with jelly, place the other on top and ice it over. Mark it in oblongs before the icing gets quite dry.

662. Small Cream Cakes.

Drop the butter sponge cake mixture on greased baking pans. Let the cakes be about the size of silver dollars. They will run out thin. Dredge sugar on top with a dredger Bake light. Spread pastry cream between two placed together.

663. Sugar Cake Made Without Eggs.

8 ounces of sugar.
4 ounces of butter.
1 large coffee cupful of milk.
Nutmeg to flavor, or carraway seeds.
2 teaspoonfuls of baking powder.
1½ pounds of flour.

Mix up like biscuit, the butter melted and added to the milk with the sugar, Roll out and bake in a shallow pan. Brush over with milk before baking.

664. Cookies, Sugar Cakes. Best.

1 pound of sugar.
1 pound of butter.
12 eggs.
3 teaspoonfuls of baking powder.
Flour to make soft dough—3 pounds.

Cream the butter and sugar together the same as for pound cake. Beat the eggs and mix them in, then the powder, add some flavoring, then flour. Let the dough, after it has been worked smooth, stand a few minutes before rolling it out. Sift sugar over the sheet of dough before cutting out the cakes.

665. Cookies, Common.

1 pound of sugar.
8 ounces of butter.
6 eggs.
1 cupful of milk.
4 teasponfuls of baking powder.
2 pounds of flour.

666. Hard Cookies or Sweet Crackers.

To cut in fancy shapes. They do not spread or lose form.

12 ounces of powdered sugar.
6 ounces of butter.
6 eggs.
Half cupful of milk.
1 teaspoonful of baking powder.
2 pounds of flour.
Lemon or cinnamon extract to flavor.

667. White Cocoanut Cookies and Small Cakes.

Make the cake mixture number 15 and add grated or desiccated cocoanut to it. Roll out with a little more flour and cut small cookies. Sugar over the tops before baking The same may also be baked in muffin rings and iced on top with cocoanut mixed in the icing.

668. German Cookies.

Make cookies of either of the mixtures and after placing in pans egg them over with a brush and sprinkle on them chopped almonds mixed with gravel sugar. Bake light colored. Gravel sugar is the small lumps from crushed sugar sifted through a colander.

669. Jumbles.

Are cookies in ring shapes, of various degrees of richness of mixture. Commonly they are only cut in rings with a ring cutter; properly they should be made with a sack and tube.

Take a lady-finger tube and file the edge into saw teeth and press out the jumble dough in a ribbed cord, of which form rings on the baking pans. The cooky mixtures may be used, or this:

1 pound of sugar.
12 ounces of butter.
8 eggs. Flavor of lemon or orange.
2 pounds or little less of flour.
No powder.

670. Ginger Snaps, Rich Kind.

8 ounces of butter.
8 ounces of white sugar.
3 eggs.
1 to 2 ounces of ground ginger.
1 teaspoonful of baking powder.
1½ pounds of flour.

Make same way as cookies. Sift granulated sugar over the sheet of dough and run the rolling pin over to make it adhere before cutting out the cakes.

671. Grantham Ginger Snaps, English.

12 ounces of white sugar.
8 ounces of butter.
8 eggs.
1 teacupful of milk—small.
2 ounces of ground ginger.
2 teaspoonfuls of baking powder.
1½ pounds of flour.

Mix up in the usual way for cookies. Sift sugar over before cutting out the cakes.

It is generally best to make the dough for all kinds of cookies and sugar cake as soft as it can possibly be rolled out. Different persons make very different

cakes of these sorts from the same receipts, and the common fault is too much flour in the dough. The baking powder too is responsible for some of the changes. With too much powder the cakes run into each other and lose the good round shape they ought to have.

672. Brown Ginger Cookies, Good Common.

8 ounces of butter.
8 ounces of sugar.
8 ounces of black molasses.
4 eggs.
2 ounces of ground ginger.
Half cupful of milk or water.
4 teaspoonfuls of baking powder.
2 pounds of flour, or enough to make soft dough.

Mix the ingredients in the order they are printed in. Roll out and cut with a small cutter.

673. Ginger Nuts without Eggs.

8 ounces of butter.
8 ounces of sugar.
8 ounces of molasses.
2 teaspoonfuls of ground ginger.
2 teaspoonfuls of baking powder.
Flour to make soft dough.

Warm the butter, sugar and molasses together and mix them well, when nearly cold again add the ginger, powder and flour. Roll pieces of the dough in long thin rolls and cut off in pieces large as cherries. Place on buttered pans with plenty of room between. Bake light.

674. Sugar Cakes without Eggs.

8 ounces of butter.
8 ounces of sugar.
8 ounces of water—a cupful.
2 teaspoonfuls of baking powder.
1½ pounds of flour to mix, and more to roll out.

Mix in the order they are printed. The softer the dough can be handled the better the cakes will be. Sift sugar over before cutting out.

675. Brandy Snaps.

1 pound of flour.
8 ounces of butter.
8 ounces of sugar.
2 ounces of ground ginger.
Lemon extract to flavor.
1 teaspoonful of soda—rounded measure.
1½ pounds of light molasses.

Rub the butter into the flour as in making short paste, and add the ginger. Make a hole in the middle of the flour and put in the sugar, molasses and extract; dissolve the soda in a spoonful of water and add it to the rest. Stir all together, drawing in the flour gradually while stirring.

Drop this batter with a teaspoon on baking pans—they need not be greased—and bake in a slack oven. The snaps run out flat and thin. Take them off before they get cold and bend them to round or tubular shape on a new broom handle.

676. Soft Ginger Nuts.

Make the dough as for brandy snaps, and add to it 8 ounces more flour. Roll it out to a thick sheet and cut out with a small cutter.

681. How to Make Stock Yeast.

There are two parts to this process, requiring about 5 days time before new ferment can be made from the new stock. But as stock will keep at least a month and much longer if bottled and kept in the ice-house, the trouble does not recur very often. The first part is:

682. Bottle Yeast. The Beginning of Yeast.

Get a strong quart bottle, an ale or champagne bottle will do. Make some strong hop tea by boiling a large handful of hops in a quart of water, cool it and strain it into the bottle, squeezing the hops dry to get the full strength. The bottle must only be two-thirds full. Then put into the bottle, besides, two handfuls of ground malt and one handful of sugar. Shake up, cork, and tie the cork down with twine, like ginger-pop. Set the bottle on a warm shelf in a corner of the kitchen where it will not be disturbed and will not be in danger of getting too warm in the heat of the day. Let it stand there from 44 to 48 hours, by which time it will be yeast on a small scale, ready to start fermentation in the stock itself.

683. Second Part. Stock Yeast.

The bottle having stood long enough—or two days after corking it down—make about 2 gallons of hop tea by putting a pail of water into a kettle with a lot of hops—nearly a pound—and boiling them about an hour with a lid on the kettle. Put 2 pounds of flour into a large jar, pan, or keg and strain some of the boiling hop water into it—enough to wet and scald the flour thoroughly when stirred up; when there are no more lumps in the flour strain in all the rest of the hop water and cool it with a piece of ice. After that put in a quart of coarse ground malt and ½ pound of sugar. When this mixture is no more than milk warm take the bottle yeast, hold the neck downwards and carefully draw the cork—which will come out like the cork

from a bottle of champagne—and mix the two together. Set the jar or keg containing the stock in a warm corner where it may ferment undisturbed, and in a day and a half or two days afterwards the stock will be ready to start ferment with, as has already been directed at number 512.

It is not necessary to make the bottle yeast every time that stock is made, for new stock may be started with some of the old stock remaining, but whenever the ferment seems weak and slow, and whenever the bread begins to turn sour before it is light, then new stock should be started from the very foundation, in the bottle.

It may be observed that the above method renders a person who can get the raw materials quite independent of every other person's yeast and of any other kind of yeast to start with He makes his own from the very first germ.

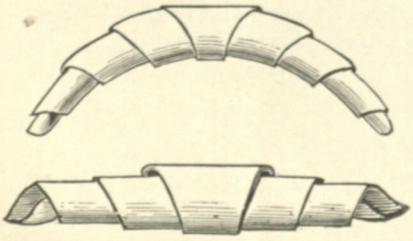
684. Genuine Vienna Rolls.

4 pounds of flour.
1 quart of milk.
1 ounce of German compressed yeast.
1 ounce of salt.
1 tablespoonful of sugar,

Make the milk lukewarm and dissolve the yeast in it. Set sponge at 9 in the morning, at noon add the salt and sugar and make up stiff dough. Let rise till about 4. Then work the dough well on the table by pressing out and folding over.

Roll out the dough in one large sheet as thin as you can, which will be about the thinness of a dinner plate edge; then measuring with your hand cut the dough into strips or bands as wide across as your hand is long. Cut these again into triangular pieces for rolls, not equal sided but long and narrow triangles. Roll these triangular pieces up, beginning at the broad bottom end, and the point will come up in the middle, and there will be a spiral mark around from end to end.

Give each roll a few turns under the hands to smooth it and place it on the baking pan in the form of a crescent—just the shape and size of the new moon. Brush over with water Let rise in the pans about half an hour and bake about ten minutes



Genuine Vienna Rolls

Some time ago the writer saw a Vienna Model Bakery—so called—begin and flourish awhile, and at last go into bankruptcy in an attempt to introduce and make the above described rolls popular in a community that had but little appreciation of their excellence. For one thing it cost the firm $2.50 per week for compressed yeast alone, to arrive on certain days by express, when they might have made the common kind at a scarcely appreciable cost.

The lesson is: German bread for the Germans, but Vienna rolls cannot be forced into the position of favoritism that is held by Parker House or Albany rolls, or split rolls by any other name. *Make the Vienna shape*, however, out of French roll dough. Brush over the sheet of dough with a little melted butter, then roll up the rolls, and after baking they they can be unrolled, and the people who eat will admire them.

685. Baker's Apple Cake.

A sheet of the coffee cake dough (No. 540) covered with apples in slices stuck in edgewise and, after a little time allowed for it to rise, baked in a slack oven. Plain bread or roll dough is sometimes made to serve the purpose at the bakeries, and the apples are basted while baking with syrup and dredged with cinnamon.

A Plea for the Pastry Cook.

"In the time of Charles IX. of France, pastry cooks made such advance that the products of their industry held an honorable place in every feast; and they formed a considerable corporation, for we find that prince investing it with certain privileges." So says our most respected advocate and authority, and continues: "It is easy to entertain a large number of healthy appetites; with plenty of meat, venison, game, and some large pieces of fish, a feast for sixty is soon ready. But to please mouths that only open in affectation, to tempt women full of fancies, to excite stomachs of *papier mache*, or rouse an appetite which is ever flickering in the socket, would require more genius, insight, and labor than the resolution of one of the problems of the Geometry of the Infinite."

The pastry cook's occupation ought at least to rank equal to the meat cook's in the organization of the working force of a hotel. If it at present is held subordinate the reason may be found in the binding force of inherited customs; for the meat cook's office has existed ever since men first began to slay animals and toast their flesh over the camp fire for food, while the pastry cook's is a later outgrowth of the highest civilization But having the more delicate and difficult tasks to perform it demands for their perfect execution a rarer kind of talent. Almost any person of ordinary shrewdness

and apitude casually thrown for awhile amongst the cooks in a hotel may set up with a fair chance of succeeding as a meat cook himself in the vastly preponderating number of places where cheapness has to be the first consideration, and from that may easily reach the more lucrative positions; but first-class pastry cooks, cannot be made in that way, for pastry cooking, including bread making and baking, is a more exact trade, a matter depending upon weights and measures and a particular manipulations, not to be trusted to guess work without long previous practice. The products of the meat cook's labor are set before people prepared for their enjoyment with appetites sharpened by hunger. The cook, and the steward of practiced taste may discern in the soup a slight burnt or smoky or unpleasant flavor, yet the entire company will probably partake of it with enjoyment without perceiving anything amiss; but after the keen appetites have been appeased let something of the pastry cook's be sent to table burdened with a similar inferiority and it will be immediately and almost unanimously rejected. It used to be the frequent remark of a very successful hotel-keeper, that "people *take more notice* of the pastry than of any other part of the dinner." The character of the table is more apt to be judged by the quality of the products of the pastry cook's labor, including the warm breads, waffles, and cakes, than by anything else, and if the working man or woman of the culinary department is possessed of taste and perception in a superior degree their quality can nowhere be so well displayed as in the last course of a dinner upon the dainty dishes that are set about to bear comparsion and to hold their place if they may among the rich fruits and nuts, the wines, the flowers of the dessert.

But if the pastry cook's art may claim consideration because of its capacity for contributing to what is delicate, elegant, and ornate, it has even greater claims on the score of usefulness. Up and down the crowded streets of one of the largest and busiest cities —Chicago to-wit—at frequent intervals may be found restaurants with all sorts of meats, fish and fowls displayed with their garnishings in the most tempting manner possible; and between them and twice as frequent are the beer halls with their lunch displayed, more or less free, of boiled meat, tripe, chopped cabbage and rye bread, the indications seeeming to be that all the men are eaters only of meat and its "trimmings." But not so. There are other places where men lunch and dine. There are bakeries in Chicago which are in reality large factories, as extensive as some pork packing establishments, and these making specialties of pies, bread, cakes, or crackers seem—if we may be allowed to make a rough guess—to supply about one-fourth of the entire city. These large bakeries have shops for retailing, large double stores in the heart of the city, converted into lunch houses with long counters and rows of stools, and waiters, clerks and cashiers, and they are crowded during about two hours of each meal time about six hours of the day, with men taking a meal of bread cakes, pies and coffee, tea, or milk. Nothing is cooked there except the coffee made by steam heat. They serve French split rolls and round graham rolls with butter, three for five cents, in little baskets; coffee-cakes made up in twists like one of our cuts, and brushed over with syrup, two for five cents; yellow rusks in long shape like rolls; Boston brown bread, very brown and baked in pails, or deep molds same shape. Apple cake they have, and "stollen," and "Lincoln pie," here called "Washington pie;" small sponge cakes baked in pans the length of a finger, also lady-fingers, one cent apiece; milk bread baked in long tin molds, plum cake, baked "apple dumplings," and pies; home made pies, with pumpkin and custard thick, even up to the brim, lemon pie with meringue on top, mince and apple.

Our interest in this matter is that of a theorist liking to find his beliefs verified. Meat is the most expensive and wasteful article of hotel provision. We have found in hotels that in proportion as the breads and other articles included under the head of pastries rose in excellence the demand upon the meats was lessened, to the benefit, probably, of all concerned. The products of these large city bakeries are good with the uniform excellence that might be expected of factory work and because they are good the sales are immense. The lunch or meal of this kind costs but from ten to thirty cents, yet its cheapness is not its only recommendation, for the crowds of customers are not of the tramping class; they are the foremen and workmen of the huge warehouses near by, the compositors, machinists, clerks, salesmen, tradesmen and professional men who practice the dietetic moralities. Good bread, good butter, and good coffee—has it not almost passed into a proverb that these are the first requisites to an excellent table? and taking the country over, away from the very large bakeries and the very best hotels are there any articles seldomer to be found?

221. A Few Candies for Amateur Candy Pullers.

The French confectioners recognize as many as twelve stages or degrees in boiling sugar, ranging from the "petit lisse" to the "caramel noir"—from simple syrup to burnt sugar caramel. However, we have not time to learn the degrees —only just a little time to make some candy.

222. Candy for Christmas Toys, Etc.

2 pounds of granulated sugar.
1 pint, or rather less, of water.
1 large teaspoonful of powdered gum arabic.
1 level teaspoonful of cream of tartar.
Flavoring.

Dissolve the powdered gum in the water made warm for the purpose. Then add to the gum-water the sugar and cream of tartar and set on to boil. Do not stir the syrup after it is once well mixed. It should boil about 15 minutes. Then try it by dropping a little in cold water. When the lump retains its shape pretty well and can be worked between the fingers like gum paste it is ready. Pour it into the shallow plaster of paris molds, either oiled or wetted to make doll figures, or figures of animals, fishes, etc., etc.

This, if cast without being stirred, makes clear candy, but to have it white and opaque stir the candy in the kettle giving it only from 10 to 20 turns with a spoon, before pouring it out. The flavoring oil may be added while stirring. Should the candy set in the kettle add water and make it hot again, with care that the candy does not immediately begin to burn to caramel.

223. Rose Cream Candy.

The same ingredients and proportions as the preceding receipt. Boil to the same degree. Then take the kettle from the fire, let it stand 5 minutes to lose some of its heat, and red coloring enough to make it pink, and a few drops of rose extract. Have a buttered dish ready, stir the candy rapidly with a spoon till it begins to change its bright appearance to a dull color, that is a sign of setting, then pour it immediately into the dish.

224. Lemon Cream Candy.

The same as rose cream candy. Flavor with oil of lemon and use no coloring. This is as white as cake icing.

225. Chocolate Cream Drops.

These are lumps of cream candy coated by being dipped in melted chocolate.

Make white cream candy by the method described for rose cream candy, but flavor it with vanilla if at all. Pour it hot into plaster of paris molds if you have them, making hazelnut sizes of drops. If no molds form the candy when nearly cold with the fingers, then taking them on a fork dip each piece in a bowl of chocolate, either common or sweet vanilla, melted by being set on the side of the range, and set the drops on buttered pans to cool and dry. Other shapes besides drops can of course be made in the same manner. The boiled icings or glaze elsewhere described when left over from icing cakes can also be formed into cream drops and coated by dipping in melted chocolate, and so likewise can be used the common cake icing and macaroon mixtures that may be left over from their first purpose.

226. Cocoanut Candy.

Turn to receipt number 222, take the same ingredients and boil the candy to a degree a little nearer the brittle stage; take it from the fire and put in 1 pound of fresh grated cocoanut. Stir rapidly to thoroughly mix, then pour the candy thinly in a buttered dish. When using desiccated cocoanut which has no moisture to reduce the candy to thinness boil the candy only to the point named in the first receipt and the same as for cream candies.

227. Almond Candy.

1 pound or a little less of almonds blanched and split.
2 pounds of granulated sugar.
1 pint scant of water.
1 large teaspoonful of powdered gum arabic.
1 level teaspoonful of cream of tartar.
Rose extract to slightly flavor.

Dissolve the gum in the water made warm, add the sugar and cream tartar and boil without stirring 15 or 20 minutes. When a drop in cold water sets nearly hard so that it can only just be pressed flat between the finger and thumb take the kettle off the fire. Drop the flavoring by spots over the surface, give the candy only one or two turns with a spoon to mix it in, then pour it into slightly buttered pans, in thin sheets. Push the split almonds into the warm candy with the fingers. Mark it before it gets cold for breaking by rolling over it the edge of a thin dinner plate. Sliced cocoanut can be used instead of almonds.

228. Stick Candy.

Make and boil the same as in the preceding receipt without the almonds. Pour the candy, or a portion of it, without stirring on to a marble slab. Drop flavoring over it when partly cooled, cut in strips and roll into round sticks.

229. White Sugar Candy to Pull.

1 pound of white sugar.
A small half pint of water.
A half teaspoonful of cream tartar.
1 ounce of butter
Oil of peppermint or lemon or other flavoring.

Boil all together, except the flavoring, about 15 minutes. Try by dropping a little in cold water. It must set hard to be done. Do not stir it at all, but pour on a buttered dish and flavor when cool enough to handle. Pull it till it is quite white.

230. Peanut Candy.

1 pound of sugar.
8 ounces of peanuts.

Make the peanuts hot in the oven. Set the sugar over the fire in a kettle to melt without any water. Stir it a little. When it is all melted and of the color of golden syrup or light molasses mix in the peanuts, pour the candy into a buttered shallow pan and when nearly cold cut it into strips and blocks.

231. Hickory nut and almond candy is made in the above manner, and will be better with a pound of the nuts instead of half a pound. In the same manner with a pound of grated cocoanut a brown variety may be made to match the white and red cocoanut caramels (called also cocoanut cakes and cocoanut gems) described at number 151. Nougat is the French name of nut candies made by melting the sugar without water as in the foregoing receipts.

232. Nougat Baskets—Corbeilles de Noix.

The hickory nut, almond, pecan, or cocoanut candies made as directed for peanut candy may be pressed while cooling into basket shapes of tin or crockery ware, and sticks and twists of the same placed for handles and borders. Very small baskets formed in fancy gem pans are used to fill with strawberries or other articles for ornamental purposes on set supper tables. For this purpose the proportion of nuts may be increased to 1½ or even 2 pounds to 1 pound of sugar.

233. Almond Taffy.

Called in England Everton taffy, after a town of that name.

1½ pounds of brown sugar.
8 ounces of best fresh butter.
1 teacupful of vinegar and water—about half and half.
8 to 12 ounces of almonds.

Scald and peel the almonds, split them and spread them evenly on two large dishes slightly buttered. Boil the other ingredients together about 15 or 20 minutes. Shake them together at first but do not stir. When a drop of the candy sets quite hard and brittle in cold water take it from the fire and pour it evenly all over the almonds, only just deep enough to cover them. This kind cannot be stirred nor pulled, as the butter separates from the sugar which then turns grainy.

234. Caramels, Plain or Maple.

Make the candy of the preceding receipt, omitting the almonds. When it has cooled on the dishes mark it in squares with the edge of a dinner plate rolled over it, and when cold cut the markings through, making little square blocks.

For maple caramels use maple sugar in the same way.

235. Chocolate Caramels.

1 pound of sugar—either brown or white will do
1 ounce of butter.
Half cup of milk.
2 ounces of grated chocolate.
Vanilla flavoring.

Set the milk, butter and sugar on to boil, and stir in the grated chocolate and flavoring. After that do not stir the mixture again or it will go to sugar in the dish. Boil about 10 minutes. When a drop in cold water sets rather hard but not brittle pour the candy into a dish well buttered. Mark in little square blocks when set. Warm the dish or tin tray a little if the candy sticks.

236. Molasses Candy to Pull.

1 large coffee cupful of molasses.
12 ounces of sugar, either brown or white.
One-third of a cupful of vinegar.
Half cupful of water.
1 ounce of butter.

Put all in a kettle and boil 15 or 20 minutes. Try in cold water. It must boil till the drops set brittle and fairly snap between the fingers. Then pour it on buttered plates. Pull.

237. Molasses candy if not pulled but merely allowed to set on dishes is improved by having about a half teasponful of soda stirred in after it has been taken from the fire and before it is poured out. Flavorings may be added at the same time.

238. Chocolate Candy to Pull.

8 ounces of sugar.
8 ounces of light colored molasses or syrup.
Half cupful of cream.
1 ounce of grated chocolate.
Vanilla to flavor.

Boil the cream, molasses and sugar together about 15 minutes, then throw in the chocolate and boil till the candy sets brittle in cold water. Pour on dishes, flavor when cold enough to handle, and pull.

Cook's Scrap Book.

BLANK PAGES FOR WRITING RECIPES UPON.

SCRAPS ABOUT EDIBLES.

A Typical American Dish.

The American edible clam of the Atlantic seaboard is not much larger than our scallop or scollop. Raw, it does duty for the oyster 'au naturel;" and in this simple condition it was likewise devoured by the Romans, vinegar being sometimes replaced by oxymel. When clams were eaten cooked, the disciples of Apicius and Lucullus placed the molluscs in a new stewpan with a little oil, sweet wine, and pepper. The coction was completed over a slow fire, and before serving much more pepper was added to the stew. Mrs. Hales—the Miss Acton of the United States—gives minute directions for frying, stewing, and steaming both hard and soft shell-clams, and for making clam-fritters; but,oddly enough, she omits any mention of clam-chowder. The observant M. Urbain Dubois, however, in his "Cosmopolitan Cookery," gives a sufficiently lucid "apercu" of clam-chowder; only he treats it as a "potage." "Clam-chowder soup," the German Kaiser's *chef* tell us, is made from the chopped flesh of clams placed in a well-buttered stewpan, and "accommodated" with onions blanched and minced, and a bunch of aromatics, salt, pepper, nutmeg, cayenne, and mace, the whole moistened with a sufficiency of wine and fish-broth. Prior to serving the soup is to be thickened with a handful of bruised "crackers," and fortified—for a mess of five dozen clams with a bottle of Rhine wine. This is nearly, but not quite, the genuine article. M. Dubois has omitted an integral component of chowder,the pork. To find the "norma," or original basis, of chowder, we must go back to the venerable Mrs. Hannah Glasse, in whose culinary "Novum Organum," and under the heading of "A Cheshire Pork-Pye for Sea," to which she specially directs the attention of master-mariners, there will be found the real foundation of chowder. "Take," says Hannah, some salt pork which has been boiled; cut it into thin slices; an equal quantity of potatoes, pared, and cut thin; lay a layer of pork seasoned with pepper, and a layer of potatoes; then another layer of pork, and so on till your pye is full. Then add more pepper, lay some butter on the top, and fill your dish about half-full of soft water. Cover up close, and bake it in a gentle oven.

This is veritable chowder, and in the British navy was, during many generations, extensively patronized by our gallant tars, by whom it was known as "sea-pie," and sometimes as "lobscouse." On the shores of New England, however, it was popularized as "chowder," and with the addition of the sand-clams, which were so amazingly popular, it became "clam-chowder."

The oyster beds of Puget Sound are just now attracting attention. When railroad facilities are completed there is no reason why the northwestern section of the United States should not receive their oysters from this source. The gathering of oysters has been so far carried on by Indians, but lately white men have engaged in the business, and transplanting has taken place to the advantage of the oyster. Of late some very wonderful beds of oysters are described as being of unusual size, and though more meaty than those of the Atlantic coast, quite as well flavored.

A publication announces that there are daily eaten in London some thousands of the hind-quarters of frogs, "and truly delicious they are when nicely cooked in butter till of a rich brown color." We have never "spotted" the dish on a restaurant *menu*, and believe the statement to be incapable of verification. Apropos of frog-eating, however, we note that the Societe Protectrice des Animaux has issued a strong protest against the present mode of providing frogs for the dinner-table in France. It appears that the poor creatures when caught have the upper part of their legs, or edible portion of their bodies, ruthlessly cut off with a pair of shears. The frogs in their mutilated state being helpless, they are thrown aside. Numbers of them are stated to have been found eight or ten days after their mutilation crawling about on their fore-legs in a pitable condition. The society,therefore, recommends that some plan of killing them in the first place should be adopted.

How to Cook a Canvasback Duck.

To roast a canvasback duck, pluck the duck except the wings and head. Cut off the wings. Draw the whole inside and windpipe. Put alcohol in a small flat pan; set fire to it, and hold the duck over it one minute. Clean the duck by rubbing with a dry cloth. Cut off the neck and head. Take the skin off the head and remove the eyes. Put the head inside the duck, with the end of the bill just sticking out; season inside with salt and pepper, and truss in the ordinary fashion. The web feet are not cut off. Roast on the spit for about fifteen minutes more or less, according to size.

To broil a canvas-back duck. Clean as for roasting. Split the duck on the back, season and anoint with sweet oil. Put the duck in a double gridiron with hinge. Cook over a very brisk fire for about twelve minutes. When placed on a dish pour over it melted butter, with lemon juice, salt, pepper and chopped parsley. Canvasbacks should be served on hot plates.

At some hotels the strawberries stand from the beginning of the meal in glass dishes on the tables, smothered in pulverized sugar.

The codfish, when at home rambling through the submarine forests, does not wear his vest unbuttoned, as he does while loafing around the grocery stores of the United States.

Turtle a la Chinoise.

The flesh of turtles forms almost the staple food of the natives of large districts in the tropics, and is cooked in several ways. No method of culinary preparation that we ever heard of, however, would be more likely to please both *gourmet* and *gourmand* than the one credited to the fastidious citizens of Pekin. If you follow it, you will take a live turtle that you have previously deprived of anything to drink long enough to render him exceedingly thirsty; you will place him in a caldron of cool water in such a position that his body will be immersed, but that he will be unable to get his mouth down to it: at the side of the kettle, within reach of his turtleship, you will then place a bowl of cool and spicy wine. This done, set the caldron on the fire, and observe with glee the enrichment of your noble repast. Urged by thirst, the turtle eagerly drinks the wine; and as the slowly heating water in which he floats grows hotter and hotter, his thirst increases, and he drinks deeper and deeper of the wine, until suddenly he is boiled, and dies, full of wine, and fragrant through the uttermost fibers of his unctuous flesh with the rich condiment he has so plentifully imbibed. Luxury and art have reached their acme!—*Harper's Bazar.*

In the course of a conversation with a dealer in game, a Philadelphia Press reporter learned that within a few weeks past, since the advent of cold weather, a few venturesome spirits residing in that city decided to thoroughly test the value of the meat of the rat as an article of diet. The rodents had been caught and caged while young, and fed carefully upon grain and green food. The rats thrived upon the diet and their silky coats gave evidence of a thoroughly healthful condition. At the meal in question they had been carefully prepared, and were served with other viands. The flesh, after cooking, was found to be quite light in color, much more so than either the rabbit or the squirrel, and possessing a delicacy of flavor entirely unknown to either of the last mentioned animals. The experiment proved entirely successful and a diet of rats prepared under proper conditions was voted to be practical and economical.

Middle aged travelers can remember when native oysters were sold in London at sixpence per dozen; now they are thought cheap at six times the money, and it is a singular fact that they are at this moment dearer in London than they were in Rome when the Emperor Vitellius devoured them all day long, and Cicero sustained his philosophy by swallowing scores of the Rutupine luxuries brought from the coast of Kent.

Arcachon, in France, is justly celebrated for its oysters, for in fact a great part of our so-called natives are brought from there, kept one season in our English beds, and then sold under the name they have but little right to bear. The bay is full of "oyster parks," to each of which a floating domicile belongs, tenanted by a guardian always on the watch.

In Norway, where fish is prepared with much ingenuity in many ways, they make flour of the flesh of the fish ground to powder. It is used instead of rice and potatoes, and the biscuits made from it are said to be extremely nutricious.

The Duke of Sutherland, when visiting America, last summer, was so much delighted with the flavor of the black bass as served up by one of the Clan Chattan, Mr. John Sutherland, of New York city, that he made great efforts to secure live specimens for stocking a lake in his County of Sutherlandshire. Mr. George Shepherd Page, President of the American Piscicultural Association, took out a number in the steamship Spain, at the end of April, which reached Sutherlandshire alive and well. Mr. Page was invited to visit the Duke at Dunrobin Castle, where he has reported most favorably on the chances of naturalizing this fine fish in Scotland.

Winter Scenes.

No more the wildwood cheers our eyes
With eglantine and aster,
No more the kine do kick the flies
That tease them in the pastur'.
No more are rural maids employed
In mashes with the "utter,"
But well they fill the aching void
With buckwheat cakes and butter.

It is about now that the comic oyster winks with his pearly shell and laughs inside of himself in anticipation at the fun he will have at some coming church or Sunday-school festival. Swimming around all alone in ten gallons of soup, boss of the whole thing, and not liable to get caught by hungry ladlers. But it's tew bad.

According to a Baltimore epicure, a highly satisfactory stuffing for a duck, whether canvasback or redhead, is made by grating enough bread to fill the bird, moisten it with cream or with milk, in which put a tablespoonful of melted butter; season with salt, pepper, etc., the rind of a lemon, a table-

spoonful of chopped celery and the yolk of an egg. If the flavor of an oyster is to you delectable, he says, add a few raw oysters whole. A strip of bacon placed over the breat of the roasting duck gives a delicate, almost imperceptible flavor, and prevents it becoming dry.

It is asserted that the nutritiousness of apples has never been properly appreciated and that they are far more nourishing than potatoes. Cornish workmen say that they can work better on baked apples than on potatoes. There is a dish in Cornwall called squab pie, made of mutton with slices of potato app'e and onion, and, strange as it may seem to many, it is excellent. Cornwall is the county for meat pies, as the miners carry their dinners with them in that form.

London is eating dried bananas and declares they are delicious. They come from Jamaica, where the method has been patented. Fruit prepared twelve months ago retains its flavor to a remarkable degree. The banana is cut in half lengthwise and subjected to slow drying, which prevents fermentation and decay. It is thought these dried bananas are to open up a new and important industry. They can be made into wine, eaten as they are, or cooked.—*Ex.*

Dried bananas are common at the street venders' fruit stands in Chicago.

Soups, according to Sir Henry Thompson, whether clear or thick, are far too lightly esteemed by most classes. They are too often regarded as a mere prelude to a meal, to be swallowed hastily or discarded altogether.

Among the palatable soups of the period is a bisque of crabs, but seldom is it prepared by the card.

Egg plant is a vegetable susceptible of being sent to the table in a dozen different styles and ways.

A Boston paper gives this as the way to make Lancashire pie: "Take cold beef or veal, chop and season as for hash; have ready hot mashed potatoes, seasoned as if for the table, and put in a shallow baking dish first a layer of meat, then a layer of potatoes, and so on, till the dish is heaping full; smooth over top of potatoes, and make little holes in which place bits of butter, bake until a nice brown."

The exportation of frozen meat from New Zealand to England has become successful beyond the expectations of its projectors. Recent sales of mutton have been especially satisfactory; indeed it appears that the value of a sheep is nearly doubled by conveying its carcass from Dunedin to London.

What Tripe Is.

[Burlington Hawkeye.]

Occasionaly you see a man order tripe at a hotel, but he always looks hard, as though he hated himself and everybody else. He tries to look as though he enjoyed it, but he does not. Tripe is indigestible, and looks like an India rubber apron for a child to sit on. When it is pickled it looks like dirty clothes put to soak, and when it is cooking it looks as though the cook was boiling a dish cloth. On the table it looks like glue and tastes like a piece of old silk umbrella cover. A stomach that is not lined with corrugated iron would be turned wrong side out by the smell of tripe. A man eating tripe at a hotel table looks like an Arctic explorer dining on his boots or chewing pieces of frozen dog. You cannot look at a man eating tripe but he will blush and look as though he wanted to apologize and convince you he is taking it to tone up his system. A woman never eats tripe. There is not money enough in the world to hire a woman to take a corner of a sheet of tripe in her teeth and try to pull off a piece. Those who eat tripe are men who have had their stomachs play mean tricks on them, and they eat tripe to get even with their stomachs, and then they go and take a Turkish bath to sweat it out of their system. Tripe is a superstition handed down from a former generation of butchers, who sold all the meat and kept the tripe for themselves and the dogs, but the dogs of the present day will not eat tripe. You throw a piece of tripe down in front of a dog and see if he does not put his tail between his legs and go off and hate you. Tripe may have a value, but it is not as food. It may be good to fill in a burglar-proof safe, with the cement and chilled steel, or it might answer to use as a breast plate in the time of war, or it would be good to use for bumpers between cars, or it would make a good face for the weight of a pile driver, but when you come to smuggle it into the stomach you do wrong. Tripe! Bah! A piece of Turkish towel soaked in axle grease would be pie compared with tripe.

Redsnapper loses its fine flavor by being sent North on ice, and is best eaten where it is caught, say epicures.

Roast grouse are often ruined by being allowed to stand after being taken from the fire, and thus become dry and parched. All game tastes best that is sent immediately from the fire to the dinner table.

Terrapin croquettes are something made by certain Philadelphia caterers to perfection, and as

made by them constitute a dish fit to set before the king.

Mushrooms Not Poisonous.

People must talk and write paragraphs, but one that is now going the rounds should not be allowed to raise a new prejudice against the delicious and and wholesome edible mushroom, that is but just beginning to be appreciated in this country. The statement is made and backed up with some foreign name of a doctor that mushrooms are poisonous always; that the water they are boiled in is more poisonous; that mushrooms in the raw state are most poisonous, and their poisonous properties do not depart from them until they are dried and kept a certain number of days. It does not say whether they are to be dried in the dark of the moon or not. But the statement goes on that a dog fed on mushrooms died in a certain number of days from their effects. We do not know about the dog, there being no witnesses named, but think we could have killed him with peaches and cream, or peach and honey, or rock and rye, or almost any other thing besides mushrooms, if we had had a motive for it. It is not long since we read that a dog died because it was fed so many days on bread. Still, we have not given up eating bread. It has also been stated that the bread we eat is more or less poisonous, so is the meat, so is the air, the water, the paper on the walls, the paste it is put on with, the soap we use, the coffee, tea, flavoring extracts, tobacco, but they seem to be amazingly slow in operation. Some poisons are really quite wholesome and pleasant. Arsenic, as is well known, is quite extensively eaten for its fattening properties, and mushrooms cannot certainly be any worse than arsenic. That they are not is shown in their consumption in large quantities daily in the hotels and restaurants; and the sauces are made with the liquor they are boiled in. The customers make meals of them, the cooks make meals of them—these are the canned. Fresh mushrooms are cooked and eaten all through the season when they are obtainable, and some kinds that are not true mushrooms are sold and bought and cooked and served with equal harmlessness. The writer has gathered mushrooms and eaten them raw, as children do, in the fields where they grew in abundance, and stole the ketchup before it was finished making and absorbed mushroom poison in every way, along with bread poison, coffee poison, and all the rest. There is no need of proving that all these things are not poisonous as long as they continue to prove wholesome and beneficial, and no need to prove that even those foreign named doctors are quite harmless as long as matters turn out so serious with the unhappy canines.

In England 200 years ago pies and pastries were made of all sorts of good things—artichokes, marrow, dates, raisins, figs and ginger—and it is related that Page invited Falstaff and his friends to a dinner of "hot venison pastry," wound up by "pippins and cheese."

The Various Frying Mixtures, from Olive Oil to Butter and Lard.

From The Caterer.

There are several oily and fatty substances used for frying, which we name in the order of their cost. Olive oil is almost exclusively used in olive-bearing conntries as the cheapest frying material. Here it is quite costly and but little used, save by the wealthy or the epicure who prizes it for the olive flavor it communicates to food cooked in it. Others, again, dislike and reject it for the same reason. Clarified butter comes next in cost and is prepared as follows: Put the butter into an enameled saucepan and melt it gently over a clear fire; when it begins to simmer take it off the fire, skim well, let stand in a warm corner till the buttermilk or cheesy matter has settled, then pour it off steadily from the sediment, through fine muslin, into a stone or glass jar, cover and keep in a cool place. It is the best of all frying material and greatly superior to lard, in that the slight flavor it communicates is quite pleasant and appetizing.

A third preparation, a favorite with many of the best European cooks, and a genuine mixture, is composed of equal measure of olive oil, butter, veal suet and leaf lard. The butter is first melted and stirred into the other three, already mixed and melted; then it is strained into a stone pot and kept always in cold place, well covered. The combined flavor of the four ingredients is acceptable to almost all tastes.

Fresh butter comes next and is much to be preferred to lard, but it has one objectionable quality. On account of the buttermilk and salt it contains it scorches and burns when subjected to a high or long-continued heat. This renders it unfit for the cooking of many delicate dishes. This tendency can, however, be much lessened by rubbing the frying-pan with a small muslin bag filled with prepared bee suet.

Lard is the common, well-nigh universal frying material in America, because it is cheap and to be had in every nook and corner of the land. Its free use has caused many a dyspeptic stomach. If used at all only the best leaf lard should be employed and rendered out by steam or boiling water, so as to avoid the burnt taste it gets if rendered on the open fire.

There are times, no doubt, when a civilized man may eat liver and enjoy it; but these times occur but seldom, and to most persons never. To the shipwrecked mariner, tossed in his frail boat upon

the pitiless sea, the stock of old boots exhausted and all his companions eaten, then a small piece of of liver is not altogether unacceptable. (Said by one who doesn't know.)

An alleged new salad called Brussels is made of lobsters, oysters, chicken and tongue mixed with celery.

Salads and Salad-Making.

From London Society.

The obvious accompaniment to cold meats is salad, which may be truly said to fill the bowl which cheers but not inebriates. No wonder that, tradition tells us it takes three people to make a good salad; a sage, to contribute the salt; a miser, to add the vinegar, and a prodigal, to pour in the oil. To which may be added an untiring steam arm or electric motor, to stir up the mixture for an indefinite time. For, if "when taken, to be well shaken" is applicable to anything that enters the human stomach, it assuredly is to the assemblage of ingredients which go to make a finished salad. In default of an automatic mechanical salad-mixer, it is the host's duty to perform that task; and it is polite on his part to help himself first, because the best lies at the bottom of the bowel. *Fatiguer*, to fatigue the salad, is the French expressive description of how it ought to be turned over and over; so much so, that "Je vais te faire la salade" is a popular threat that a good drubbing instead of a good time, is coming. Another saying, "Bataillons de salade," battalions drawn promisciously from divers and sundry corps of soldiers, is founded on the multiplicity of herbs eligible for the composition of a salad. The hemp plant was known as "Salade de Gascogne," Gascony salad, because it furnished ropes wherewith malefactors in the South of France were hanged. By such salad many a one has been choked, who previously had cultitivated the cause of his death—theereby suffering a much worse malady than that implied by the proverb.

"Qui vin ne boit apres salade,
Est en danger d'estre malade."

"After salad take some wine,
And health with pleasure thus combine."

"Salad eaten, claret take,
And avoid a stomach-ache."

A glass of good Bordeau or Burgundy wine, or even of pale ale, with or after salad, is a better, and to many people, a more agreeable digestive than pepper—white, black or red—mixed with the vegetables as seasoning.

Seagulls' eggs wsre served at a recent dinner in Halifax, given to some Government officials, and were pronounced excellent. They were boiled hard and eaten with pepper.

Snails are not adequate in supply to the demand and are rapidly increasing in favor among our native epicures.

The Evolution of Bread.

Persons of extreme views are apt to maintain that all mankind, being normally savages, were as normally cannibals; but, leaving that moot question altogether on one side, it seems probable that humanity ate acorns long before they ate cereals or learned the art of making bread, and that the veneration entertained by the Druids of Gaul and Britain for the oak was due to the circumstance that its glands were the staple food of the people. Bread, properly so called, was transmitted by the Greeks to the Romans; and either the latter or the Phœnicians may have introduced the cultivation of corn into Gaul. While, however, the land was mainly covered with immense forests, a long time must have elapsed before the practice of eating acorns, chestnuts, and beech mast was abandoned, and even when corn was regularly grown, ripened and harvested the grains were merely plucked from the ear and eaten raw or slightly parched. The next step was to infuse the grain in hot water for the making of a species of gruel or porridge, and a long time afterwards it may have occurred to some bright genius to pound the corn in a mortar or rub it to a powder between two stones. Subsequently came the handmill; but it was not until after the First Crusade that the windmill was introduced from the East, whither it had probably found its way from China The first bread was evidently baked on the ashes and unleavened, and the intolerable pangs of indigestion brought on by a continual course of "galette" or "damper" may have suggested the use of a fermenting agent, which in the first instance was probably stale bread turned sour. Pliny has distinctly told us in his "Natural History" that the Gauls leavened their bread with yeast made from the lye of beer; yet, strangely enough, they abandoned the use of beer yeast, and did not resume it until the middle of the seventeenth century. Its revival in France made the fortune of many bakers; then the medical faculty sounded an alarm, declaring that yeast made from beer was poisonous. Its employment was prohibited by law in 1666, but the outcry raised by the bakers and the public was so vehement that in the following year the decree of prohibition was cancealed, with proviso that the yeast was to be procured only from beer freshly brewed in Paris or the immediate neighborhood. Some form of fermented bread, however, the French had been eating for 1,600

years in contradistinction to the gruel and pulse-eating Italians and Levantines and the purely vegetarian Hindus.

American Pie.

The foreign visitor to these shores has, with very few exceptions, denounced pie as a deadly invention of some culinary Satan. He has gazed with mingled pity and horror upon the native pie-eater, and has often been tempted to stretch out a hand to save him from a life of suffering and dyspepsia. Coming from a nation where pie is treated with no less contempt than is bestowed by Herr Bismarck upon the inoffensive and salutary American hog, he is unable to understand by what unlucky chance the American people have become a nation of pie-eaters. Every disagreeable peculiarity of American society he attributes to pie. Pie is responsible for every variety of evil in our politics. Ruffianism and crime are due to pie, and pie, indeed, is the source of almost as many ills as "that forbidden fruit whose mortal taste brought death into the world, and all our woe." Yet in spite of foreign scorn and prejudice the pie habit survives and each year adds thousands and thousands to the adorers of pie. The American love for pie can never be conquered. It is the strongest proof of American birth. The person who does not eat pie is regarded by Americans with distrust, and foreigners who do eat it are hailed as brothers. The United States will experience a thrill of satisfaction and good feeling to hear that the Czar has ordered 1,000,000 pies for his coronation ceremonies. It will rejoice to learn that there is at least one foreign nation that does not share the hostility felt by other great powers toward pie. Russia and America have always been on friendly terms, but this gratifying proof that the Czar is alive to the beauty and excellence of pie will unite them in the strongest bonds of sympathy and good-will.

Something About Salad Oil.

N. Y. Sun.

The gourmand who carefully makes up his own dish of cool looking salad is very apt to be deceived into believing that the rich gold colored oil he pours upon it is from the land of olives. It is an almost even chance that it is from the land of cotton, for the sale of cotton seed oil for olive oil has become so extensive that the Italian Government has begun to take strong measures toward keeping the former product out of Italy, where it is taken in Italian vessels from New Orleans, to be bottled and labeled, and returned to this country, so that merchants can say that it is imported. But, to those who dread the substitution of cotton seed oil for olive oil, there is comfort in the fact that the supply of the native product is limited, for planters whose lands are thin prefer to return the seed to them, and the cotton lands of the lower Mississippi, which do not need careful fertilizing, furnish the seed for the seventy cotton seed oil mills in the South. This enterprise is bound to remain confined to the South, for the seed is so bulky that transportation would not be profitable. That the manufacture of cotton seed oil, however, will increase is beyond doubt, as the raw seed goes through processes that nearly treble its value, and its oil is being used for paint and also for lubricating machinery.

An Incredible Story.

Pall Mall Gazette.

Not only has the intellect of the worm been sadly unappreciated for centuries till Mr. Darwin rehabilitated that sagacious reptile, but it appears now that his value as a viand has also been grossly misunderstood and underrated. A group of French gourmets, whose object it is to do for the cookery of the future what Wagner is doing for its music, are happily following up the labors of Darwin in this direction, and, having recently tried this tempting morsel, have communicated to a grateful public the result of their researches. Fifty guests were present at the experiment. The worms, apparently lob-worms, were first put into vinegar, by which process they were made to disgorge the famous vegetable mold about which we have heard so much. They were then rolled in batter and put into an oven, where they acquired a delightful golden tint, and, we are assured, a most appetizing smell. After the first plateful the fifty guests rose like one man and asked for more. Could anything be more convincing? Those who love snails, they add, will abandon them forever in favor of worms. And yet M. Monselet, the great authority in Paris, has told us sadly that no advances have been made in the art of cookery since Brillat-Savarin, and that all enthusiasm on the subject died out with Vatel when he committed suicide because the fish had not arrived for the royal dinner.

It was the Duke of Wellington, we believe, who referred to hash as "something left over from the fight of yesterday," but at some hotels they make it so nicely of lamb and potatoes that even epicures have expressed satisfaction with it.

There are three dishes, it is said, which if put upon the bill of fare of a London club, are devoured before all the rest; so that at 7 or 8 o'clock, when most members dine, there is nothing left of them. These dishes are Irish stew, tripe and onions, and liver and bacon.

SCRAPS ABOUT LANDLORDS AND HOTELS.

Carving the Goose.

Oliver Wendell Holmes

Were this a pulpit, I should doubtless preach,
Were this a platform, I should gravely teach,
But to no solemn duties I pretend
In my vocation at the table's end,
So, as my answer, let me tell instead
What Landlord Porter—rest his soul—once said.

A feast it was that none might scorn to share;
Cambridge and Concord's demigods were there—
"And who were they?" You know as will as I
The stars long glittering in our Eastern sky—
The names that blazon our provincial scroll
Ring round the world with Britain's drumbeat roll.
Good was the dinner, better was the talk;
Some whispered, devious was the homeward walk;
The story came from some reporting spy,
They lie, those fellows—O, how they do lie!
Not ours those foot-tracks in the new fallen snow—
Poets and sages never zig zagged so.

Now Landlord Porter, grave concise, severe,
Master, nay monarch in his proper sphere,
Though to belles- lettres he pretended not,
Lived close to Harvard, so know what was what,
And having bards, philosophers, and such
To eat his dinner, put the finest touch
His art could teach, those learned mouths to fill
With the best proofs of gustatory skill,
And finding wisdom plenty at his board,
Wit, science, learning, all his guests had stored
By way of contrast, ventured to produce
To please their palates, an inviting goose

Better it were the company should starve
Than hands unskilled that goose attempt to carve;
None but the master artist shall assail
The bird that turns the mightiest surgeon pale,

One voice arises from the banquet hall—
The landlord answers to the pleading call;
Of stature tall, sublime of port, he stands,
His blade and trident gleaming in his hands;
Beneath his glance the strong-knit joints relax
As the weak knees before the headsman's ax.

And Landlord Porter lifts his glittering knife
As some stout warrior armed for bloody strife;
All eyes are on him, some in whispers ask
What man is that who dares this dangerous task?
When, lo! the triumph of consummate art,
With scarce a touch the creature drops apart,
As when the baby in his nurse's lap
Spills on the carpet a dessected map.

Then the calm sage, the monarch of the lyre,
Critics and men of science, all admire
And one whose wisdom I will not impeach,
Lively, not churlish, somewhat free of speech,
Speaks thus: "Say, master, what of worth is left
In birds like this, of breast and legs bereft?"

And Landlord Porter, with uplifted eyes,
Smiles on the simple querist, and replies
"When from a goose you've taken legs and breast,
Wipe lips, thank God, and leave the poor the rest."

When the world was younger, says the New York *Graphic*, and this city was younger and smaller than now, hotel landlords were more primitive in their ways, and used to sit at the heads of their own tables and carve the breakfast beefsteaks. When Warren Leland so carved at the old Clinton Hotel there used to put up at his house a rich, old and penurious oouutry merchant, whose stinginess at home had earned him the reputation of "counting the potatoes that went into the pot for dinner." And this worthy would always manage to obtain a seat at Warren's elbow. "Mr. Leland," he would observe on seating himself at the breakfast table, "I slept very well last night—very well, indeed. I am not at all particular where I sleep. I can put up with most any sort of a room--but, Mr. Leland, will you oblige me with a bit of steak cut there--just there?" and with this he would delicately touch with the end of his table knife the central and most juicy and tenderest portion of the tenderloin brought hot to the table. And this he would eat with well-timed deliberation, so as to finish just as the next relay of tenderloin was brought on, when he would again remark: "Mr. Leland, your beds are very fine, indeed. I'm not at all particular where I sleep, but would you oblige me with another steak, just there?" and again the tip of his knife would hover over the steak where it cut the easiest and was most tempting. And so on until the end of the breakfast and chapter. Warren Leland, Sr. now tells the story with artistic gusto and humor.

The Delaware river method, of planking shad is as follows: Scale the fish, split it open down the back, carefully remove the roe and entrails and wash and dry it with a cloth. Then spread it on its back and fasten it with two or three nails upon a hickory plank thoroughly hot. Of course but one side of the fish is exposed to the fire, the heat of the plank cooking the other. Set the plank and fish at an angle of forty-five degrees before a clear hot fire of live coals and bake it to a rich brown color, basting it every little while by means of a soft brush with a thin mixture of melted butter and flour. When done serve it upon the plank on which it was cooked: send plank and all to the table. In the

meantime the roe should be parboiled, then egged, rolled in cracker dust or bread crumbs and fried and sent to table with the fish. Housekeepers can obtain the planks ready made and fitted with wire fastenings for planking shad at the house-furnishing warehouses. This is the way to broil a shad: Clean, wash and split the shad, wipe it dry, and sprinkle it with salt and pepper. Rub a double wire broiler with suet or other fat, place the fish upon it, and put it over a clear fire and broil it to a golden brown color. Then place it on a hot dish and pour plain melted butter over it, seasoned with salt and pepper. This is a delightfully appetizing dish for breakfast.

If broiling be for any reason impossible, a shad may be fried, thus: Clean, wash and split the shad in two, then cut each half crosswise into three parts, season well with pepper and salt and dredge them with flour. Have your frying material smoking hot, lay in your pieces of fish and fry them to a nice golden brown, drain and lay them on a hot dish, pour plain melted butter over them and serve piping hot.

The news that "The Cock," in Fleet Street, London, is to be demolished announces the disappearance of the resorts which are intimately associated with the characteristic life of London for centuries, and with the most famous names in English literature and history. Many a pilgrim to London would hasten first of all to the site of the old Tabard Inn in Southwark, and search curiously for some trace of Dame Quickly's tavern in Eastcheap, or Beaumont and Jonson's "Mermaid," or Dryden's "Buttons," or Dr. Johnson's "Mitre." London indeed, swarms with taverns and clubs and resorts so intimately identified with the most interesting traditions that old London itself vanishes as they disappear.

"The Cock," of which there is a characteristic picture upon another page, is not only rich in old reminiscence—for it was unaltered since the days of James I, and Pepys made merry there in 1668—but it has acquired fresh charm in recent times from Tennyson's "Will Waterproof's Monologue," in which that thoughtful roisterer apostrophizes the "plump head waiter of the Cock." In Dicken's *Life and Letters* there is the same friendly feeling for the tavern as a seat of good fellowship. Thackeray is never more charming than when he is playfully gossiping or moralizing about the good places for good dinners, and when he was in this country, he was never more at home than when, at the "Century," he was seated with his cigar and his "modest glass," ruling with gentle sway, like Addison with his pipe, in his familiar realm.

Such associations as those of the famous London resorts of wits and poets and statesmen and scholars are of great value to any city. As they disappear the city is robbed of an influence which, although a mere sentiment, is most elevating and persuasive. The universal instinct of men which builds monuments and other memorials of the famous dead, the heroes and patriots, the poets and story-tellers and orators, is akin to that which fondly cherishes the material objects with which they were associated, and preserves their autographs and every personal relic. New York has retained very few buildings which have any striking or interesting connection with the past. The most interesting of them is probably Fraunces' Tavern, at the corner of Broad and Pearl streets, where Washington parted with his officers. But although London still teems with them, even London will have lost a charm which no splendor of architecture or convenience of building can restore, when the most famous "Cock" in the world is gone forever.—*Harpers Weekly.*

Mr. Abner C. McIlrath, who kept a famous hotel for thirty-six years, six miles from Cleveland on Euclid avenue, has been gathered to his stalwart fathers. He was a mighty fox hunter and a remarkable athlete. Six feet six inches and a half tall, his average weight was about 264 pounds, but yet he is said to have frequently on foot run down foxes. He once lifted with his hands from the ground an iron shaft weighing 1,700 pounds, which would be equal to lifting double that weight were he harnessed with straps to weights and allowed to lift under the best advantage. Two men would hold a string two inches above his head, and he would step back two or three steps and jump over it without touching it, making the leap about six feet nine inches in height. He has been known, rather than to lead his horses around to the other side of the barn, to put his long arms under a horse and lift it up to the floor of the barn, which happened to be three or four feet above the ground. In Buffalo he once wrestled with and threw with ease Charlie Freeman, the "American giant," who afterward in England defeated "Tipton Slasher" in a prize fight. Another feat of the hotel keeper was his chase on horseback of a fox one December over frozen Lake Erie far from sight of land. He lived to the age of seventy years, having been a paralytic for four years of life as a result of exposure during a fox hunt. He was borne to the grave Saturday by six of his tall sons, four of whom are six feet four and a half inches high and the other two just six feet, and whose combined weight is 1,305 pounds.

At most Italian restaurants on the authority of the London *Caterer*, cotellettes milanese, consisting only of a veal chop or cutlet encrusted with bread crumbs and egg, with the traditional quarter of lemon to stimulate the palate, is a standing dish

SCRAPS ABOUT DINNERS.

A President's Dinner.

To return to Washington's dinner, the writer of the description continues: "First was soup, fish, roasted and boiled meats, gammon, fowls, etc. This was the dinner. The middle of the table was garnished in the usual tasty way with small images, flowers (artificial), etc. The dessert was first apple pies, puddings, etc.; then iced creams, jellies, etc.; then watermelons, muskmelons, apples, peaches, nuts. It was the most solemn dinner I ever sat at," continues Maclay. "Not a health drank, scarce a word said, until the cloth was taken away. Then the President, taking a glass of wine, with great formality drank the health of every individual by name 'round the table. Everybody imitated him—charged glasses, and such a buzz of 'health, sir,' and 'health, madam,' and 'thank you, sir,' and 'thank you, madam,' never had I heard before.

"The ladies sat a good while and the bottle passed about, but there was a dead silence almost. Mrs. Washington at last withdrew with the ladies. I expected the men would begin, but the same stillness remained. The President told of a New England clergyman who had lost a hat and wig in passing a river called the Brunks. He smiled and everybody else laughed. He now and then said a sentence or two on some common subject, and what he said was not amiss. The President kept a fork in his hand when the cloth was taken away, I thought for the purpose of picking nuts. He ate no nuts, but played with the fork, striking on the edge of the table with it. We did not sit long after the ladies retired. The President rose, went up stairs to drink coffee—the company followed." This precedent was followed at President Arthur's dinners last year.

Prince Napoleon, while a prisoner at Conciergerie, had his meals from one of the most illustrious restaurateurs in Paris, and they were excellently chosen. One day when a correspondent called on him he had for breakfast "œufs brouilles aux pointes d'asperge," mutton cutlets a la Napolitaine, cold capon, cheese and grapes. His dinner consisted of potage Voisin, fillets of sole, Tournedos (an admirable fillet of beef) and salad. Upon this fare one might worry along, even in captivity.

The New York "Thirteen" Club has lately partaken of its seventh annual dinner. The menu was printed on cards cut in the shape of a coffin lid and the repast consisted of thirteen dishes. The organization has thirteen times thirteen members, the initiation fee is $13, the monthly dues are 13 cents, and, still, despite the awful significance of this showing, there are applicants for fellowship awaiting the death of present members.

A Mediæval Dinner.

A mediæval dinner was recently given in Basle in honor of the mediæval collection in that city, and to augment its funds. The guests, 120 in number, were summoned by the blare of trumpets to the table which was splendid with old plate and drinking vessels loaned by the venerable guilds of the city. The first course was beer soup of the middle ages, and the last was "gofren" and "aenisbrod," baked after the models exhibited in early German pictures. Wine of the middle ages was not to be had, but a loving cup of Markgrafter of the vintage of 1715 was sent round the table. Two pianofortes made in the years 1720 and 1750, furnished the accompaniments to the songs in a tone "remarkably thin, but at the same time exceedingly tender and refined." The guests wore modern garments, but the servants were appropriately dressed, and the furniture of the hall and the decorations of the table, to the smallest detail, were conscientious reproductions of the middle ages.

A birthday cake with sixty-five tiny candles was a table ornament at the dinner to Mr, Evarts on Saturday.

At a dinner party in New York the other evening the menu, printed on white satin, came from beneath the wings of a tiny swan placed beside the plate of each guest. The swans were retained as souvenirs, and when their heads were pulled off were found to be intended for match boxes.

Ice cream was served at a hunt dinner the other night in the form of whips, spurs, saddles, caps, and other freezing reminders of the Long Island hunting field.

At a recent private dinner served at Kinsley's, in Chicago, the ice cream came to the table in the form of asparagus stalks and bananas. Cakes filled with cream were made to take the form and appearance of baked potatoes, and the deception was so perfect as to excite the wonder and admiration of all present.

For a dinner for eighteen gentlemen on Thursday, a florist made a centre-basket remarkable for its size and display of selected flowers. It was six feet in diameter. There were one thousand rich roses and a garden of lilacs, violets and other spring blossoms. The centre of this piece was a circle of lillies—amaryllis, vitata and callas. The coat knots were of hyacinth sprays and roses. The

same night a dinner for 125 at Delmonico's was decorated with rose baskets fringed with ferns.

At a dinner party recently given in New York the menus placed at the plate of each guest cost sixty dollars apiece. They were in the form of a picture, a beautiful work of art, which could afterwards be used as a drawing room ornament. An English gentleman, in whose honor the entertainment was given, spilled some wine over his which ruined it. Not wishing to lose so costly and beautiful a souvenir, he went to Tiffany's and had a duplicate made.

A Memphis paper says: "The Fontaine german" in this city was the biggest affair of the season. The supper was very elaborate. The most unique and striking feature of the repast was produced on the cutting of six grand centre cakes. In each of the cakes had been placed six live birds—doves in some, in others quail—and on opening them these feathered guests fluttered their wings, and, rising in the air, perched on the doors and heavy window sills, from which elevated and lofty positions they gazed down on the brilliant assemblage.

It is related of the famous Spanish banker, Don Jone de Salamanca, who died recently, that in 1858 he gave a single dinner that cost $90,000.

The gallant Colonel Tom Ochiltree of Texas, gave a supper to a party of friends in Washington a few nights ago that is said to have cost $500.

The dinner of the Standard Collar Club at the Hotel Brunswick on Wednesday night was attended by thirty gentlemen. The menus were hand painted, and cost ten dollars each. The dishes were ornamented with sugar collars, and the bird musical dinner favors held collars in their bills.

Nearly all the large office buildings and banks down-town have their own restaurants, which are presided over by a steward, a *chef* and a corps of waiters and attendants—but few people have an idea how systematically such a department of a great institution is managed. Take the Western Union Telegraph building as an example. There are more than eleven hundred employes on the pay roll, and of these fully eight hundred regularly eat in the building. To feed these the meats are put on the fire every morning at four o'clock, and when cooked are carried to the steam tables. Beef, ham, tongue, vegetables, tea, chocolate and milk are the ordinary dishes served for dinner, which is charged at cost price, ten cents. This meal is served to all—no distinction is made from the lowest to the highest official of the company. No wine, liquors or ale is allowed. The men are waited on by men and the females by women. If any one desires a steak an extra charge of ten cents is added. A ticket entitling the owner to as many meals as there are numbers on it, is sold, the ticket being punched every time a meal is eaten, Breakfast is served at seven, dinner from twelve to one, and after that hour for head officials; tea at five and supper at midnight. If any of the lady employes is taken sick or feels unwell a hot cup of tea is sent down from the kitchen, which is on the top floor, and no charge whatever is made. The dining room is large, thirty by eighty feet, thoroughly clean and located on one of the upper floors.—*N. Y. Gastronomer.*

"Ain't this a little high?" asked a timid tenderfoot of a Deadwood tavern-keeper who had charged him $1.50 for his dinner. "It may be a little high," replied the host, fumbling with the handle of a revolver in the cash drawer; "but I need the money." He got it

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Shovel and pick brigade—a party of Americans at dinner.

"George, dear, don't you think it rather extravagant of you to eat butter, with that delicious jam?" "No, love, economical. Same piece of bread does for both."

Cheyenne society is harrowed up over a question of etiquet. People are divided in opinion as to which coat sleeve a man should wipe his mouth with after eating soup.

The London *Caterer* tells of a novelty the golden pudding, which comes on the table as a bag of gold, such as is delivered by banks, and upon being opened, imitations of money, fruits and confectionery are disclosed

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One of Benjamin Franklin's Dinners.

A century ago one of the notable ladies in Philadelphia society was Mrs. Mary Ruston, and if proof were wanting that the people of those days appreciated the joys of the table it could be found in her receipt book, now owned by Charles M. Pennypacker, one of her descendants. Mrs. Ruston was in the habit of recording in this book particulars of the elaborate dinners at which she was present. Thus it appears that on one occasion Dr. Franklin regaled his guests with clam soup, breast of veal ragouted, forequarter of roast lamb, four small chickens, pigs' feet, a pair of roast ducks, and a roast leg of mutton, with numerons vegetables served from the sideboard, and filled up the services with a dessert of green currant tarts, jellies, truffles, blanc mange, cranberry tarts, English and Swiss cheeses and cheese cakes.

SCRAPS ABOUT GREAT EATERS AND EPICURES.

Queer Customers of Cafes.

In M. Eugene Chavette's witty and curious little volume, published in 1867, "Restaurateurs et Restaures," some entertaining portraits are given of eccentric guests, celebrated at Parisian cafes. One of the most famous of these was Gourier, commonly called "The Fork of Death," a frequenter of the Restaurant Bonvelet, who invited a victim to dine with him by the year, and slew him with high feeding. The first died of apoplexy after a six months' combat; the second held his own for two years, and then succumbed to a "liver complaint"—an indigestion brought on by over-indulgence in the liver of the Strasburg goose, "three days after," as Gourier sadly said, when gazing on the funeral from the window of the restaurant, "I had treated him to a new hat for his birthday." A third champion then descended into the arena, a long lean man named Ameline, who said as his invariable grace when sitting down to table with his host, "You rascal, I'm going to bury you;" while the host gently replied by way of "Amen," "Nonsense; the other two said the same thing." The crafty Ameline, however, took occasion to pick a quarrel monthly with his amphitryon, and, retiring sulkily to his tent, dieted himself on tea, toast, and senna, returning to the encounter mollified and refreshed after an absence of two or three days, during which Gourier lost still more ground by eating rapidly, and injuring his digestion by solitary and gloomy reflections. One day, after this duel had lasted three years, Gourier, who had just helped himself to a fourteenth slice of 4-year-old Welsh mutton, threw his head back. His companion, thinking he was about to sneeze, muttered the customery benediction; but Gourier fell forward into the currant jelly, dead as the mutton he so dearly loved. He who had taken the fork had perished by the fork. He should have imitated the prudent diner of the Cafe Riche, who always had two dozen saucers piled at his left when he sat down to table, and wore one between his collar and the nape of his neck throughout the repast, changing it as it became warm, as a preventive against apoplexy.

The heroes of gastronomy, including Mr. Walton himself, will gnash their teeth, which, excepting their stomachs, must be regarded as their most valuable possessions, when they hear of the exploit just accomplished by Thomas Clute, of Mount Morris, N.Y. On Feb. 6 that individual ate six quarts of sauer kraut within the space of thirty-seven minutes, and washed it down with a bottle of champagne. Having survived this feat in excellent condition he now offers to bet a reasonable amount that he can eat eight quarts of sauer kraut within an hour. This challenge is likely to result in an international contest, for Clute is not a German, and the children of the Fatherland will not tamely submit to his imputation on their capacity in the sauer kraut line.

Captain Morris, George the Fourth's boon companion, used to sing:

Old Lucullus, they say,
Forty cooks had each day,
And Vitellius's meals cost a million;
But I like what is good
When and where be my food,
In a chop-house or royal pavilion.

At all feasts (if enough)
I most heartily stuff,
And a song at my heart alike rushes
Though I've not fed my lungs
Upon nightingales' tongues,
Nor the brains of goldfinches and thrushes.

There was a good deal of monotony and variety about the monthly repast of the eccentric who used to dine at the Maison Phillippe, going conscientiously through the thirty-five or forty soups on the bill of fare, and topping off with a cream meringue. Another much pointed out diner frequented the Restaurant Vefour, distinguishing himself by his devotion to sweets—a plump and rosy little old gentleman, who had carried the Princess Lamballe's head round Paris on a pike in his salad days. Handel, who ordered the dinner for four, and, arriving alone, bade it be brought in "brestissimo—I am de gompany," was outdone by the man of an unbounded stomach who used to visit Vachette's every fortnight and call for the proprietor, Brebant, and give the following order: "My dear Brebant, I shall have six friends to dinner to-morrow" (mentioning their names); "all experienced diners, you see! Get us up a nice little dinner—70 francs a head, without wine. Have it served at 6 o'clock, post-office time; I have told them to be punctual." At 5:45 the host arrives, inspects the table, writes out the names of the diners and places their cards at their plates, arranges the relishes according to the taste of each, then takes out his watch. "Ah! 6 o'clock, and no one here." Brebant: "Perhaps you are fast?" "No, I always keep post-office time, and I told them 6 to the minute. I'll give them a lesson. Have dinner served." Brebant: "But they may have been unaccountably delayed" "Well, I'll give them five minutes' grace." After watching for them in vain, "Put on the dinner; they can overtake me." Then he fell to and devoured the dinner for seven, indulging in a monologue for the benefit of the waiter. "Why on earth did all those

scoundrels fail to keep their appointment?" Coffee being served he sends for Brebant, and says, with triumphant smile, "You see, if I had taken your advice I'd be waiting for them still. I'll invite them again two weeks from now, and see if they will be more punctual." And two weeks later, the same comedy having been performed with due solemnity, the diner reiterates his determination with indignant vehemence, "D—n them! I'll ask them again; I want to see how far they will carry their brutal lack of politeness!"

What Bismarck Eats.

There seems to be something in the air and life of Germany extraordinarily favorable to the digestion. Bismarck has thriven on mixtures of champagne and porter washing down meals at the description of which the American trembles, but he does no more than the other most famous ruler of his country, Frederick the Great. Here is what Dr. Zimmerman saw him devour when a septuagenarian invalid: "A very large quantity of soup, of the strongest and most highly spiced ingredients, Yet spiced as it already was, he added to each plate of it a large spoonful of powdered ginger and mace; then a good piece of bœuf a la Russe—beef steeped in half a pint of brandy. Next he took a great quantity of an Italian dish, half Indian corn, half Parmesan cheese. To this the juice of garlic is added, and the whole is baked in butter until there arises a hard rind as thick as a finger. This, one of the King's most darling dishes, is called Polenta. At last, the King having expressed his satisfaction at the excellent appetite which the dandeloin gave him, closed the scene with a whole plateful of eel pie, so hot and fiery it seemed as if it had been baked in hell. At other times he would eat a large quantity of chilling and unwholesome fruits, especially melons, and then again a vast number of sweetmeats.

Byron's extravagant fondness for macaroni has been recorded in more than one sketch of his tastes and habits, but his biographers have omitted to mention the fact that he was wont to bestow his macaroni so thickly with slices of truffle that the result—his favorite dish—might have been more correctly described as "truffles au macaroni" than as "macaroni aux truffles."

There are many examples on record of a voracity almost incredible, and sometimes, indeed, including the most unlikely objects. Sparing my readers any such details, I prefer to relate two actual instances from my own experience, which do not require on their part any great effort of faith.

Some forty years ago I went to pay a flying visit to the vicar of Bregnier, a man of great stature, and known throughout the district for his power of eating. Though scarcely midday, I found him already at the table; the soup had been removed, as well as the meat boiled in it, and these two regular dishes had been followed by a leg of mutton, a fine fowl and a large bowl of salad. On seeing me he ordered another knife and fork, which I declined; and it was well I did so, for alone, and without any assistance, he quite easily got rid of everything, leaving of the mutton nothing but the bone, of the fowl nothing but the skeleton, and of the salad nothing but the bowl. Next they brought a cheese of considerable size and in it he made an angular breach of ninety degrees; the whole being washed down with a bottle of wine and a decanter of water, he then went to have his forty winks.

One thing which delighted me was, that during the whole of this performance, lasting nearly three quarters of an hour, the venerable pastor did not at all seem too much engrossed in his work. The huge pieces which he threw into his capacious mouth prevented him neither from talking nor laughing, and he despatched all that was put before him with as little effort as if he had only eaten a couple of larks.

In the same way General Bisson, who drank eight bottles of wine every day at breakfast, never seemed to be doing anything of the sort. His glass was larger than the others, and he emptied it oftener; but you would have said that he did it without any effort, and, whilst thus imbibing his sixteen pints he could as freely join in pleasant chat or give his orders as if he had only drunk a single bottle.

At the age of eighteen, General Sibuet had that happy appetite by which Nature announces her intention of completing a well developed man, when one evening he entered Genin's dining rooms, where the worthies of the place usually met to eat chestnuts over a bottle of white wine there called "cross grain."

A superb turkey had just been taken off the spit, a fine bird, golden, done to a turn, and scenting the room enough to tempt a saint.

The village worthies, not being hungry, took very little notice of it; but the digestive powers of young Sibuet were stirred within him, and with his mouth watering, he cried, "I have only just had dinner, yet I'll lay a bet to eat that big turkey all by myself."

"Done!" replied Bouvier du Bouchet, a stout farmer, who happened to be in the room; if you'll eat it, I'll pay for you; but if you come to a halt, then you'll pay, and I'll eat the rest."

Instantly setting to work, the young athlete detatched a wing skillfully and swallowed it in two mouthfuls; then kept his teeth in play whilst taking

a glass of wine as an interlude, by crunching the neck of the fowl.

Next he tackled the thigh, and after eating it with the same self-possession, took a second glass of wine to clear the way for the remainder. Very soon the second wing went the same road, and on its disappearance, the performer, as keen as ever, was taking hold of the only remaining limb, when the unfortunate farmer shouted in a doleful tone, "Ah! I see very well you'll win; but as I have to pay, leave me a small bit to myself."

Sibuet was as good natured as he afterwards showed himself courageous, and not only consented to his opponent's request, who thus had for his share the carcase of the fowl, but paid both for the turkey and the necessary accompaniments.

—*Brillat-Savarin.*

Some Noted Epicures.

From All The Year Round.

Among noted epicures of this era—Louis XIV—were the Marquis de Cussy, inventer of a cake which still bears his name; Camerani, a mediocre actor, but excellent stage manager of the Comedie Italienne, who employed his leisure hours in the composition of a soup, the materials of which were so costly as to be beyond the reach of the ordinary epicure; and Journiac de St. Meard, the same who during the Reign of Terror had miraculously escaped sharing the fate of his fellow-suspects in the prison of the Abbaye. According to contemporary accounts, it was his custom to take his place at the table early in the morning and never leave it before night; and it is recorded of him that, having invited a friend to dinner, he pressed him to partake of a particular dish, which the other declined doing, pleading as an excuse that he feared it might not agree with him. "Bah!" contemptuously exclaimed Journiac, "you don't mean to say that you are one of the idiots who trouble themselves about their digestion!"

Nor must a certain priest be forgotten, whose elasticity of conscience in culinary matters was proverbial. Being invited on a fast day to a repast befitting the occasion at the house of a noted lover of good cheer, he was on the point of helping himself to a dish, the odor of which singularly tickled his palate, when the lay brother who accompanied him enjoined him in a whisper not to touch it, adding that he had seen it prepared in the kitchen and that the gravy was simply the essence of meat. "Meddling fool!" angrily muttered his superior, pushing away the dish with a sigh of mortification; "what business had he in the kitchen? Couldn't he have kept it to himself until after dinner?"

We can remember many years ago conversing with an old gentleman who had been on intimate terms with Brillat-Savarin and Grimod de la Reyniere, and questioning him about them. "Brillat-Savarin," he said, "was the pleasantest and cheeriest of men, but he had one defect; he was inordinately fond of pork, and I recollect a dinner given by him at Villers-sur-Orge, on which occasion a delicately-prepared sucking-pig met with such general approbation that our host sent for the cook, and after complimenting him on his skill, declared his intention of bestowing on him a suitable recompense, and having ascertained on inquiry that M. Pierre's ambition was to marry a young girl whose face was her fortune, promised a handsome dowry to the bride, besides paying for the wedding dinner; so that the sucking-pig eventually cost him over 6,000 francs."

During the Consulate and the Empire the most fashionable "traiteur" was the Beauvilliers, whose splendid dining rooms in the Rue Richelieu were frequented by the best society in Paris. Unlike the generality of his colleagues, he was equally renowned for his polished and courteous manners, and for the orthodox propriety of his costumes; he invariably received his customers himself, and took infinite pains that everything set before them should be sufficiently tempting to induce them to repeat their visit. One day a gentleman, whom he recognized as a well known marquis, came in and ordered a "supreme de volaille" (a specialty of the establishment), which in due time was placed on the table. Beauvilliers, happening to pass by at the moment, glanced at the dish, and in spite of the remonstrances of the marquis pounced upon it, and delivered it to a waiter, directing him to have another prepared immediately. Then, turning to his indignant visitor, and deliberately savouring a pinch of snuff, "M. le Marquis," he said, "you will pardon the abruptness of my proceeding, but the honor of my house is at stake. I regret that you should be exposed to a little temporary inconvenience, but I cannot allow my reputation to be compromised by a failure."

When the illustrious academicians, Villemain and Victor Cousin, were young students, they generally dined together for the sake of economy, their modest repast consisting of a single dish of meat, with now and then a couple of apples, one for each; by way of dessert. On these gala occasions Villemain, who had a weakness for this supplementary luxury, never omitted to start a subject of conversation on which his companion loved to air his theories; and while the latter declaimed and philosophised to his heart's content, quietly ate both the apples.

To the foregoing list of gastronomic celebrities may be added the names of three men of mark of our own time, Balzac, Alexandre Dumas and Rossini. The first of these, although sufficiently abstemious in other respects, had an inordinate pre-

dilection for pastry and fruit, devouring, as Leon Gozlan tells us, whole dishes of Montreuil peaches and juicy pears with Gargantuan facility. Dumas considered his culinary manual a masterpiece far superior to the Mousquetaires or Monte-Cristo, while the composer of Il Barbiere was never so happy as when superintending the preparation of a dish invented by himself. "I was born to be a cook," he exclaimed one evening, while presiding at the supper-table of his villa at Passy; "and have altogether missed my vocation!"

"But, maestro," objected one of his guests, "in that case we should have had no Guillaume Tell."

"Bah!" contemptuously retorted Rossini, "anyone could have done that. Donizetti and Bellini can write operas, but if either of them were to try his hand at a 'timbale de macaroni aux truffes," helping himself largely as he spoke to the delicacy in question, "do you imagine for a moment that it would taste like this."

Epicurean Clergy

It is a remarkable fact that the epicures of the world should be so largely indebted to the French clergy for the luxuries they enjoy. It has been suggested that during the long season of Lent these holy men have been in the habit of relieving their privations by employing their ingenuity in the invention of pleasant foods and drinks in readiness for the return of the days of feasting. Whether there is any foundation for this or not is not positively known, but the fact remains that the clergy, from whatever cause, are capital inventors of all comestibles. One of the largest oyster parks in the country was started by the Abbe Bonnetard, the cure of La Teste, whose system of artificial cultivation was so successful that last year of 151,000,000 oysters distributed through France, 97,000,000 were produced by the abbe. Canon Agen was the discoverer of the terrines of the Nerac. The rilettes of Tours are the work of a monk of Marmoutiers. The renowned liqeurs Chartreuse, Trappestine, Benedictine,and others betray their monastic origin in their names, and the strangest part of their production is that they should be the work of the most severe and ascetic of religious bodies. The Elixir of Garus is the invention of the Abbe Garus. The Beziers sausages were first prepared under the direction of the Prior Lamouroux. The popular Bergougnous sauce was first mingled by the Abbe Bergougnous. The delicate Floguard cakes are the invention of the Abbe Floguard. Even the immortal glory of the discovery of champagne is attributed to a monk. To these may be added the innumerable delicacies in bon-bons, confectionery, and the like, which owe their origin entirely to the nuns in the French convents scattered throughout the land.

Lovers of Truffles.

London Telegraph.

Herr Julius Olden, a contemporary eulogist of the truffle, boldly asserts that ever since the discovery of this toothsome tuber it has been beloved of poets and musicians above all other comestibles. Among its most renowned votaries he assigns front-rank places to Georges Sand—who bestowed upon it the fanciful title of "Fair Potato," and immortalized its merits in a metrical legend—Lord Byron and Rossini. Byron's extravagant fondness for macaroni has been recorded in more than one sketch of his tastes and habits; but his biographers, according to Herr Olden, have omitted to mention the fact that he was want to bestrew his macaroni so thickly with slices of truffle that the result—his favorite dish—might have been more correctly described as "truffles au macaroni" than as "macaroni aux truffles." The Swan Pesaro was no less enthusiastic a truffle-worshiper than the author of "Don Juan." It was Rossini whose fertile brain, stimulated to superhuman activity by dread of an impending gastronomical calamity, invented truffle salad. He was dining one day with several celebrated epicures, at the table of Baron James Rothschild. The moment had arrived for serving the roti, when it was discovered to the horror of all present, that the Baron's *chef* had forgotten to provide any salad! Rossini was the only person who preserved his presence of mind. He called for truffles and the castors, cut up the former into delicate slices, mixed a sublime dressing with the contents of the latter, and in a few minutes produced a salad of so seductively delicate a flavor that his admiring fellow-gourmets unanimously christened it "the poetry of truffles set to music by Maestro Rossini."

The following anecdote of the Count Vittalio Borromeo and his famous chef is related: "The Count was a great epicure, and would sooner part with his best friend than with his cook. This culnary artist knew how to please his master with a variety of dishes, known only to himself, in fact his own production, among which was one, that for the delicacy of its meat, the aroma of its condiment,and the general care taken in its preparation, made it the favorite above all the rest, and for many years it held the monopoly of the Count's table. The cook died, and many filled his place, but to no satisfaction. Money was freely lavished but to no purpose. The Count was languishing for want of an appetite, until one day, after a careful investigation an old scullion, for many years an inmate of

the palace, conducted the new cook to a remote sub-cellar of the palace,in a corner of which a large cage was built, and continually supplied with enormous rats, fed on meal and milk, fattened and purified, until ready to kill. These, and the ingenuity of the cook, kept for a long time the old Count in ecstasy over his table."

A Tableau.

Paris Paper.

M. Gaulthier de Rumilly, dean of the senate, received a visit a few days ago from his landlord. It was a question of repairs to to be made, and the senator explained what he wanted to have done. The proprietor listened atttentively and promising to have everything done. Six o'clock struck.

"Six o'clock already," said the landlord.

"Exactly," replied M. de Rumilly; "but that doesn't matter, for I hope you will do me the honor of dining with me."

"You are very kind," replied the landlord, "but—"

"I insist; I shall not let you leave at this hour; your plate is already laid."

"It is impossible."

"I shall be angry."

"It is impossible, notwithstanding the desire I have to remain. My affairs call me elsewhere at precisely this hour."

"You do not wish to share my dinner?" said the senator, slightly vexed.

"You will understand why. They dine at M. de Rothschild's at 7 o'clock."

"Ah, you are his guest!"

"No, I am his cook."

Tableau.

Roman Cooks and Gourmands

Quarterly Review.

In Juvenal's time the salary of a good cook was ten times higher than that of a tutor,a man of learning and ability, who, according to Lucian, was deemed well paid with 200 sesterces a year. The salary of Dionysia, a danseuse, was 200,000. The houses and establishments of the two players in pantomime, Bathyllus and Pylades, rivaled those of the richest patricians. There were three Romans named Apicius, each celebrated for devotion to gastronomy. The second, who flourished under Tiberius, was the most famous, and enjoys the credit of having shown both discrimination and industry in the gratification of his appetite; so much so that his name has passed into a synonym for an accomplished epicure. After spending about £800,000 on his palate be balanced his books, and finding that he had not much more than £80,000 left, hanged himself to avoid living upon such a pittance Lempriere's version is that he made a mistake in casting up his books, and hanged himself under a false impression of insolvency. A noted betting man named Smith made a similar mistake in casting up his book for the Derby, and flung himself into the sea. He was fished out, discovered the mistake and ever since went by the name of Neptune Smith. Apicius unluckily had no kind friend to cut him down. The outrageous absurdities of Elagabalus equaled or surpassed those of Caligula and Nero. He fed the officers of his palace with the brains of pheasants and thrushes, the eggs of partridges, and the heads of parrots. Among the dishes served at his own table were peas mashed with grains of gold, beans fricasseed with morsels of amber, and rice mixed with pearls. His meals were frequently composed of twenty-two services. Turning roofs threw flowers with such profusion on the guests that they were nearly smothered. At the sea-side he never ate fish, but when far inland he caused the roe of the rarest to be distributed among his suite. He was the first Roman who ever wore a complete dress of silk. His shoes glittered with rubies and emeralds, and his chariots were of gold, inlaid with precious stones. With a view to becoming suicide he had cords of purple silk, poisons inclosed in emeralds, and richly set daggers; but either his courage failed when the moment arrived for choosing between these elegant instruments of death, or no time was left him for the choice. He was killed in an insurrection of the soldiery in the eighteenth year of his age, after a reign of nearly four years, during which the Roman people had endured the insane and degrading tyranny of a boy.

The first rose of spring—the shad's.

The guests have dined, and the host hands round a case of cigars. "I don't smoke myself," he says. "but you will find them good; my man steals more of them than any other brand I ever had."

Ben. Butler is one of the biggest eaters that visit the Fifth Avenue Hotel. He devours an enormous quantity of meat, vegetables, milk, coffee, salads and sweets. A chicken disappears before him as though he was a Methodist preacher and it was a partridge. He doesn't affect wines. At his home he has several varieties upon his table, but he drinks only about a tumblerful of sherry. If he wants a drink he takes a glass of Jamaica rum, or the statesman's drink, brandy. He eats four meals a day, and is never troubled with indigestion. He smokes cigars that are strong enough to knock a marine over. Yet he prides himself upon his temperate life, to which he traces his prosperity.

TABLE ETIQUETTE

Use of the Napkin and Finger-Bowl.

(Laramine Boomerang.)

It has oeen stated, and very truly too, that the law of the napkin is but vaguely understood, It may be said however, on the start, that custom and good breeding have uttered the decree that it is in exceedingly poor taste to put the napkin in the pocket and carry it away.

The rule of etiquette is becoming more and more thoroughly established, that the napkin should he left at the house of the host or hostes after dinner.

There has been a good deal of discussion, also upon the matter of folding the napkin after dinner, and whether it should be so disposed of or negligently tossed into the gravy boat. If however, it can be folded easily, and without attracting too much attention and prolonging the session for several hours, it should be so arranged, and placed beside the plate, where it may easily be found by the hostess, and returned to her neighbor from whom she borrowed it for the occasion. If however the lady of the house is not doing her own work, the napkin may be carefully jammed into a globular wad and fired under the table to convey the idea of utter recklessness and pampered abandon.

The use of the finger bowl is also a subject of much importance to the *bon ton* guest who gorges himself at the expense of his friends.

The custom of drinking out of the finger bowl though not entirely obsolete, has been limited to the extent that good breeding does not permit the guest to quaff the water from the finger-bowl unless he does so prior to using it as a finger-bowl.

Thus, it will be seen that social cnstoms are slowly but surely cutting down and circumscribing the rights and privileges of the masses.

At the court of Eugenie the customs of the table were very rigid and the most prominent guest of H. R. H. was liable to get the G. B. if he spread his napkin on his lap and cut his eggs in two with a carving knife, The custom was that the napkin should be hung on one knee, and the egg busted at the big end and scooped out with a spoon.

A prominent American at his table one day, in an unguarded moment shattered the shell of a soft boiled egg with his knife, and while prying it apart both thumbs were erroneously jammed into the true inwardness of the fruit with so much momentum that juice took him in the eye, thus blinding him and maddening him to such a degree that he got up and threw the remains into the bosom of the hired man plenipotentiary, who stood near the table scratching his ear with the tray. As may readily be supposed, there was a painful interim, during which it was hard to tell for five or six minutes whether the prominent American or the hired man would come out on top, but at last the prominent American with the egg in his eye got the ear of the high-priced hired man in among his back teeth, and the honor of our beloved flag was vindicated.

A Revolution in Carving

(Bill Nye's Boomerang)

Speaking about carving, there is a prospect now that in our best circles, within a short time, the old custom of making the host demolish the kiln dried poultry at dinner will become extent, and that a servant at a sideboard will take a hand saw and a can of nitro-glycerine and shatter the remains, thus giving a host a chance to chat with his guests instead of spattering them with dressing, and casting gloom and gravy over the company.

This is a move for which I have long contended. It places the manual labor of a dinner where it belongs, and relieves a man who should give his whole attention to the entertainment of his friends at table. You would not expect your host to take off his coat and kill the fowl in your presence, in order to show you that it was all on the square, and it is not customary to require the proprietor to peel the potatoes at the table of his guest, to prove that there is no put up job about it.

Therefore, I claim that the lamented hen may be thoroughly shattered at a side table by an athlete at $4 per week, and still good faith toward the guests be maintained. If any one be douubtful or suspicious, etiqnette will permit him to stand by the side of the hireling carver and witness the in quest. Still it would be better fnn for him to sit at the table, and if the parts given him are not satisfactory, he can put them in his overshoes protem and casually throw them out the back door while the other guests are listening to the "Maiden's Prayer" in the parlor.

Under the new deal the host will enjoy the dinner much more than he used to with his thumb cut off and a quart of dressing on his lap. No man feels perfectly at home if he has to wrap up his cut finger in a rag and then scoop a handful of dressing out of his vest pocket. Few men are cool enough to do this, laughing heartily all the time and telling some mirth provoking anecdote meanwhile.

It is also annoying to have twenty guests ask for the "dark meat, please," when there are only three animals cooked, and neither one of them had a particle of dark meat about her person. Lately

I have adopted the plan of segregating the fowl by main strength, using the fingers when necessary, and then wiping them in an off hand manner on the table-cloth. Then I ask the servant to bring in that dark hen we ordered, so that we might have an adundance of dark meat. If the servant says there is none, I smile and tell the guests that the brunette chicken, by some oversight, has been eaten in the kitchen, and I shall have to give them such relics as may be at hand. This simplifies the matter, and places me in a far more agreeable place relative to the company. My great success however in carving, is mainly confined to the watermelon. The watermelon does not confuse me. I always know how to find the joints, and those who do not like the inside of the melon can have the outside. Now, my great trouble with fowls is, that one day I have Nebraska chicken, and the next trip I have to assainate a Mormon Shanghai pullet, with high, expressive hip bones and amalgam paletot. This makes me nervous, because they are so dissimilar and their joints are in different places.

The Mormon hen is round shouldered, and her collar bone is more on the bias than the Nebraska fowl. This gives a totally different expression to her features in death, and, as I have said, destroys the symmetry of the carve.

I began my education in this line by carving butter in hot weather, and gradually led up to qnail on toast. In carving the quail, first mortgage your home and get the quail. The quail should be cooked before carving, but not until the chronometer balance and other organs have been removed. Place your quail on the toast in a sitting position, then, passing the dissecting knife down between the shoulder blades, bisect the polonaise.

Another method is to take the quail by the hind-leg and eat it asking the guests to do the same. this breaks up the feeling of stiffness that is apt to prevail at a formal dinner party, and, while each one has his or her nose immersed in quail, good feeling cannot fail to show itself.

An Essay on Roller Skates

[Laramie Boomerang.]

The roller skate is a wayward little quadruped. It is as frolicsome and more innocent looking than a lamb, but for interfering with one's upright attitude in the community, it is, perhaps, the best machine that has appeared in Salt Lake city.

One's first feeling upon standing on a pair of roller skates is an uncontrollable tendency to come from together. One foot may start out toward Idaho, while the other as promptly starts for Arizona. The legs do not stand by each other as legs related by blood should do, but each shows a disposition to set up in business alone, and have you take care of yourself as best you may. The awkwardness of this arrangement is apparent, while they are setting up independently, there is nothing for you to do but sit down and await future developments. And you have to sit down, too, without having made any previous preparation for it, and without having devoted as much thought to it as you might have done had you been consulted in the matter.

One of the most noticeable things at a skating rink is the strong attachment between the human body and floor of the rink. If the human body had been coming through space for days and days, at the rate of a million miles a second, without stopping at eating stations, and not excepting Sundays, when it strikes the floor, we could understand why it struck the floor with so much violence. As it is however, the thing is inexplicable.

There are different kinds of falls in vogue at the rink. There are the rear falls, and the front falls, and the Cardinal Wolsey fall, the fall one across the other, three in a pile and so on. There are some of the falls I would like to be excused from describing. The rear fall is the favorite. It is more frequently utilized than any other. There are two positions in skating, the perpendicular and the horizontal. Advanced skaters prefer the perpendicular, while others affect the horizontal.

Skates are no respecters of persons. They will lay out a minister of the Gospel, or the mayor of the city, as readily as they will a short coated, one suspender boy or a giddy girl.

When one of a man's feet start for Nevada, and the other for Colorado, that does not separate him from the floor or break up his fun. Other portions of his body take the place his feet have just vacated with a promptness that is surprising, And he will find that the fun has just begun—for the people looking on.

The equipment for the rink, are a pair of skates, a cushion, and a bottle of liniment.

"How do you like my waffles?" asked a society belle of her guest. "Could not be nicer," was the reply. "Did you really make these yourself." "Oh, yes, indeed, I read off the recipe to the cook and turned the patent flour sifter all by my self."

Mistress to new cook—"On Wednesdays and Saturdays I shall go to market with you." New cook—"Very well mum; but who's a going to carry the basket the other days?"

A New York plumber is said to have died from overwork. It is terribly hard on a man to hug the cook and solder a sink spout at the same time.

SCRAPS ABOUT COOKS.

An Opening for Young Men.

Daily National Hotel Reporter.

So many of the avenues opening to young men are so completely filled and even overcrowded that it behooves thinking people to find new paths by which those approaching manhood, in the country and city, may finally reach a competency and perhaps something more. The "National Hotel Reporter" believes it can point out such a path, and one, too, that is comparatively untrodden. The path to which we refer leads to the hotel kitchen, and the position which is sure to yield a comfortable and satisfactory income is that of chef or head cook. It is a position which rarely pays less than $50 per month and often double and treble that sum. In addition to this amount of cash received, the cook also has his "living" which, at a low estimate, gives him an income ranging from $70 to $200 per month, according to the skill and ability of the man employed. The "Reporter is sorry to make such a statement, but it is a fact that the majority of hotel cooks are worthless, unreliable, ignorant and given to dissipation. And yet those of them who are at all skillful can always find permanent employment at remunerative wages. Does not the hotel kitchen, then, offer rare inducements for young men, to educate themselves (beginning, of course, like all true students, at the lower rounds of the ladder) to fill the honorable position of master of the range? The subject is one which we earnestly commend to young men about to select a means of livelihood, and also to those practical hotel keepers who see that, sooner or later, something must be done to improve the character and standing of their kitchen forces.

They have at one of the leading restaurants in Paris a Chinese cook whose sole and exclusive duty it is to cook rice. It is claimed that he can prepare and serve it in two or three dozen different styles, and when Lord Lyons gives dinner parties he hires this culinary Chinaman for the special purpose of cooking a dish of curry and rice that is described as delicious.

The Union Universelle pour le Progres de l'Art Culinaire has just given a curious fete at the Palace theatre. After dancing had been vigorously carried on for some time a plentiful supper was spread on a number of large tables: no less than nineteen plats appeared in succession, each bearing the name of some distinguished cook, their inventor. M. Monselet presided, and among the numerous witticisms delivered by him perhaps the chef d'œuvre was an eulogium on a lobster, ingeniously prepared a la Belleville by "M. Mention." The prize, a gold medal, was subsequently decreed to M. Emile Vassant, chef to Baron Erlanger, for a poularde a la Anglaise, and the second to M. Berte, for his Monde des Oiseaux a la Toussenel. The third prize fell to M. Escoffier, the talented chef of the restaurant Castiglione, for a chaufroid d'alouettes, and M. Kaugeneiser received a prize for a pain de foie gras.

Genius in the Kitchen.

Hartford Times.

Another branch of the subject which comes up yearly at the cooks' ball for discussion by the gourmands is the degree of ingenuity displayed by different famous cooks in devising new dishes and menus wherewith to tickle jaded palates. It is considered that for originality the palm should go to the chef of the French Rothschilds, whose patron in Christmas week, 1870, invited a select party of friends to the following dinner:

Hors D' oeuvres

Butter Radishes Sardincs Ass's head, stuffed

Potages.

Puree of beans aux croutons Elephant consomme

Entrees.

Fried gudgeons Roast camel a la Anglaise

Civet of kangaroo Roast ribs of bear

Rotis

Haunch of wolf, venison sauce Cat with rats

Water-cress-salad

Antelope pie, truffled Petits pois au beurre

Rice-cakes with preserves

Gruyere cheese

Wines

Xeres Chateau Mouton Rothschild

Latour blanche, 1861 Rornancee Contil, 1853

Chateau Palmer, 1860 Bollinger frappe

orto, 1827

Cafe et liqueurs

This dinner cost the Rothschild's chef three months' preparation, besides writing and telegraphing to the different parts of the world, and in money $400 a cover.

New York has 430 cooks who are members of the "Soeiete Culinaire." M. Fere, chef of the Astor House, is the manager of the American branch of the association, and the others are: Drolu, chef to the King of Spain; Bohers, chef of the St. James Club, London, and Favre, of the Central Hotel, Berlin. The official paper is published at Geneva, Switzerland.

The chef of the Chinese Embassy in Paris has introduced baked ice as a gastronomic novelty and gives for it the following receipe: "Make your ice

very fine; roll out some light paste thin and cut into small squares; place a spoonful of ice in the centre of each piece of paste and fold it up closely, so that no air may get in, and bake in a quick oven. The paste will be cooked before the ice can melt.

Queen Victoria has recently received from the London Cooks' Company a beautiful plaque of hammered silver, which the Lord Steward of Buckingham has acknowledged for her in a gracefully expressed communication.

It was at the *petits soupers de Choisy* of Louis XV. that the *tables volantes* were first introduced. Those "admirable pieces of mechanism," as they are called by a distinguished gastronome, the poet Rogers, consisted of a table and sideboard, which, at a signal, descended through the floor, to be immediately replaced by others which rose covered with a fresh course.

His singular proficiency in the art of cookery, one of the few redeeming features in this worthless monarch's character, was derived, like his taste for working tapestry, from his youthful companions, the Dukes of Epernon and La Tremouille and De Gesvres.

But for the reign of Louis XVIII. being so recent our author would probably have referred to his qualities as a gastronome. In these he as certainly equalled Louis the Magnificent and his worthless successor, as he surpassed them intellectually and morally. His most famous *maitre d'holel* was the Duc d'Escars, of whom a Quarterly Reviewer says that, when he and his royal master were closeted together to meditate a dish, the Ministers of State were kept waiting in the antechamber, and the next day the official announcement regularly appeared—"*M. le Duc d'Escars a travaille dans le cabinet.*"

The king had invented the *truffes a la puree d'ortolans*, and invariably prepared it himself, assisted by the duke. On one occasion they had jointly composed a dish of more than ordinary dimensions, and duly consumed the whole of it. In the middle of the night the duke was seized with a fit of indigestion, and his case was declared hopeless; loyal to the last, he ordered an attendant to wake and inform the king, who might be exposed to a similar attack. His majesty was roused accordingly, and told that d'Escars was dying of his invention. "Dying!" exclaimed Louis le Desire; "dying of my *truffes a la puree*? I was right then; I always said that I had the better stomach of the two."

Money is a good thing, even to a cook, but it is not the chief thing in life—to a cook. The famous Careme, the friend of princes, who boasted that the fate of Europe often depended upon the kind of sauces he served up at political banquets, died in 1833, before he had attained his fiftieth year—killed by his passion for work. "The charcoal kills us," he said, "but what does that matter? The fewer years, the greater glory." Careme was not a man to care for money, and the world is fortunate in having some disciples worthy of him.

Parlor Cookery.

Harper's Bazar.

Another set, less lofty, have descended to the kitchen, and call themselves the "Pancake Club." This club aims at the mastery of the culinary art, and its *batterie de cuisine* is indeed formidable. There are silver chafing dishes, faultless trivets, and alcohol lamps enough to sink a Monitor at least. These amateur Brillat-Savarins aim at breakfast-table and supper cookery, the oysters, kidneys and deviled turkey being all cooked on the table. The idea is that a theatre party shall, after enjoying the play, come home and cook their own supper. Also the breakfast for the early bird who must be down-town to catch the Wall Street worm—this hasty meal shall be cooked for him by a loving wife or daughter on a silver chafing-dish or heater before his eyes. This is an admirable idea. These noble girls mean to learn how to make the most delicious Persian coffe, to attack even the kitchen range, and to make all the pancakes possible, to realize that title "dainty dishes" to its fullest extent. Of course one evening a week they appear in costume—white apron and cap—and treat their admirers to a supper all cooked by themselves.

The Lady Amateur Cook.

Cook's Letter to a Friend.

Our Lady Amabel she've took lessons, so as to help us in the cooking. One day down she comes to make a apple pie. I'd made the paste ready for 'er to roll and buttered the dish, and Jane had peeled the apples, and John and Robert stood over 'er with the things, and 'Liza had hot water for 'er to wash 'er hands in when she'd done. So it was a nice "help," you may be sure! Hows'ever, she did it, and I baked it; and upstairs they all said as there'd never bin known sich a pie—tho' it was as sour as warjuice, for, lor', if she hadn't forgot to put in the shuggar!

A great cook is a great man. For instance Fere, of the Astor House, is an aristocrat in his dominions, and when away from his fires lives in excellent style upon a salary of $4,000 a year. One of his sons is a promising young artist engaged upon the "Graphic" in this city. Fere's position requires

a knowledge of accounts as well as of cookery. He has to study economy, the prices in the markets, study out new dishes, and keep an eye upon his twelve cooks, eighteen assistants and ten carvers. His work begins at 6 o'clock in the morning and ends at 7 in the evening, and during that time he overseers the preparation of food for 3,000 persons. M. Fere's secretary is a real count, de Moiseau by name, who has been naturalized and has no other ambition than to make the Astor House table the best in the country.—*Cor. Hartford Times.*

Cooks of the Olden Days.

The cook of the middle ages was a lordly autocrat, and his scepter, a long wooden spoon, was also used as a means of punishment. Brillat-Savarin tells this story:

An Italian prince, who had a Sicilian cook of great excellence—the cooks of Sicily were famous even in the days of ancient Rome—was once traveling to his provincial estates, taking with him his entire batterie de cuisine and his Sicilian cook. At a point where the narrow path along the precipice turned the angle of a projecting rock, the prince, at the head of his long cavalcade, heard a shriek and the splash of a body falling into the torrent far below. With a face white with terror, he pulled up, and, looking back, exclaimsd:

"The cook! the cook! Holy Virgin, the cook!"

"No, your Excellency," cried a voice from the rear; "it is Don Prosdocimo!"

The Prince heaved a sigh of profound relief. "Ah! only the chaplain!" said he. "Heaven be thanked!"

French Cooking.

At the beginning of the sixteenth century, Englishmen and Frenchmen were on a parity of capacity as cooks. Perhaps, as having finer meats, England slightly surpassed its neighbor, but the character of the cuisine of the two countries may be accurately appreciated from the description of the banquet of Gargantua in Rabelais. Nothing could be more abundant or more barbarously coarse than that monstrous feast. It was Gouthier of Andernach, the German physician of Francis I., who came to put an end to the reign of culinary barbarism in France. The great reformer of the French kitchen was a Huguenot, and died in 1574 at Strasburg, an exile from the land for whose digestion he had done so much; but the seed which he had sown bore good fruit, and its cultivation was continued by that admirable cook, Catherine de Medicis, who had brought with her from Italy the best traditions of the Florentine cuisine, next to the Roman the grandest in Europe. There were then formed in Paris two companies of cooks—the cooks proper and the patissiers, but in 1770 the two guilds were united by a deeree of Parliament as the jurande and maitrisse of the Queen, an old Gallic word signifying cooks. It was from this fact that France dates her supremacy in the restorative art.

An Ingenious Cook.

Near, in the opinion of the Greek poet Euphron, are the poet and the cook, Both, he says, attain by an ingenious audacity the apex of their art. And to show the intellectual daring of the cook, he tells the following story: Nicomedes, the great King of Bithynia, being once on a time some twelve days' journey from the sea, had a sudden longing for a loach. Some lexicographers explain the word used by Enphron as "smelt," but the general consensus is in favor of the former interpretation. His cook served him in twenty minutes this very fish. Everybody wondered, for the season, to add to the difficulty of the exploit, chanced to be midwinter. It is said that once while Selden sat in the assembly of divines at Westminster, a warm debate arose about the distance from Jericho to Jerusalem. Those who contended for the longer distance were about to yield to the argument of their adversaries that fishes were carrried from one city to the other, when the celebrated lawyer cried out, "Perhaps the fishes were salted," upon which the dispute was renewed with increased vigor. But the loach in the present case was quite fresh. How then was it procured?

French cooks can, it is well known, make a delicious soup out of an old shoe, but the curious device of the cook of Nicomedes will be found equally clever. He took a turnip and cut it into the figure of a loach. He then boiled it gently over a slow fire, added a certain quantity of oil and salt—not that indefinite amount familiar to us in modern cookery books as a "pinch," but measured with exact and learned discrimination—and completed the dish by the sprinkling of a dozen grains of black pepper. Nicomedes, devouring the disguised turnip with a good appetite, told his friend that it was the finest loach he ever ate in his life.

Concerning a subject upon which the "National Hotel Reporter" has had considerable to say of late, the New York "Graphic" of recent date prints the following well chosen words: The best hotel cooks in New York are French, generally from Alsace. They get from $150 to $200 per month, and in a few cases more. This includes board and wine. They learn their business in Paris, and are often men of more than ordinary intelligence and education. They have at command an array of French culinary authorities to which, in cases requiring reference, they turn, as does the lawyer to his "old masters." No young American enters regularly on the "profession" of a cook. He is "above it," and generally such profession is above him. He had rather try to be a lawyer and end be becoming a lawyer's assistant at some nameless price per week, *not* inclusive of board and wine.

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Nut Bread Mrs Leslies.

1/2 cup butter
1 " sugar
1 egg
1 " walnut meat
2 " white flour
2 " graham "
2 " sour milk
4 even teaspoons Bak Pw.
Mix let stand 20 min +
bake 115 min in moderate oven.

Devils Food Grace Bartlett

1 cup sugar
1/2 cup butter
3 eggs
1 cup sour milk
1 teaspoon soda
1 " Bak Powder
1/2 cup coco, teaspoon vanilla
flour to make thick

White cake Grace.

1 cup sugar
1/2 " butter
whites 3 eggs
1 cup milk
2 teaspoon bak Pd.
teaspoon vanilla
flour to make thick
beat eg & put in last
1/2 cup corn starch

Nut Bread Mrs Leslie

1 cup sugar
2 " milk
4 " flour
1 " nuts
2 eggs
2 1/2 teaspoons Bak Pw.

Take 3/4 hour.

Nut Bread Laura Carter

2 eggs beaten
1 cup sugar
2 " milk
4 " flour
3 level teaspoons Bak Pw.
2 cups chop nuts
put in Pan let raise 1 hr
& bake 30 min in slow oven

Mrs Morris Cream Pie

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8 gal pure soft water, cold water to which add 14 to 16 pounds of pure salt 4 to 6 oz of salt peter, 3 pounds of brown sugar. 3 pounds of new orleans molasses 2 to 6 oz of pure baking soda bring to a boil slowly, remove the skum (strain thru cheesecloth) pack in bbl. with ½ inch of salt in bottom of bbl.
let liquid cool before putting on meat

Mrs ~~Ida~~ Eva Smith.

Carmele Pudding - Smith Sue

Brown ¾ cup sugar & ¾ cup another sugar. 2 table spoons flour, 1 qt milk 2 eggs beaten, little vanilla serve with whip cream

---

Prune Whip.

Beat whites of 7 eggs stiff, add teaspoon cr of tartar while beating. add ¾ cup of cooked prunes chopped fine, bake 20 min & serve with cream

Mrs Fryberger

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Whip cream cakes,

1½ cups sugar, pinch salt, 3 eggs beat light with sugar until fluffy.
Add slowly 1½ cup flour with 1 heaping teaspoon bak pr. sifted once. 1 scant cup boiling water flavoring. Makes 2 doz.

Plain cookies

¾ cup shortening 1½ cup sugar 2 eggs 2 heaping baking pr. 1 cup milk salt flavoring nutmeg. pinch soda

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Black pudding.

1 cup molasses, 1 cup raisens. 1 cup milk ½ cup butter ½ cup suet, good measure 1 teaspoon nutmeg. 1 cinnamon.
" soda 3 cups flour pinch salt steam 3 hrs. Adaline Smith

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Thousand Island Dressing.

3 yolks eggs
2 cups oil drop oil in
½ cup vinegar
½ bottle Chil Sauce
3 hard boiled eggs
1 small can pimentos Chop fine
1 green pepper
small onion Chop fine
season salt + paprika

makes one qt.

Silvia Aldridge

Angle food,

1 cup full whites eggs, beat with pinch salt, + beat then with 1 teaspoon cream tartar - 1¼ cup gran sugar. 1 cup swan down flour, flavor do not grease pan.

Sour cream cake Good.

2 eggs, 1 cup gran sugar, 2 short flour, 1 teaspoon bak pr. ¼ teaspoon soda 1 cup sour cream

Uncooked frosting

1 cup pr. sugar, 2 teaspoon coco 2 tab spoons boiling coffee must be boiling 1 teasp. vanilla flavor